



Abridged List Ordered by Nutrient Content in Household Measure
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)
Nutrients: **Choline, total(mg)**

Description	Measure	Choline, total(mg)Per Measure
Whey, sweet, dried	1.0 cups	326.2
Beverages, Whey protein powder isolate	3.0 scoop	193.5
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	189.7
Fast foods, croissant, with egg, cheese, and ham	1.0 item	162.3
Fast Foods, biscuit, with egg and sausage	1.0 item	158.6
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	151.4
Fast foods, biscuit, with egg and bacon	1.0 biscuit	147.8
Egg, whole, raw, fresh	1.0 large	146.9
Egg, whole, cooked, fried	1.0 large	145.9
Fish, herring, Atlantic, pickled	1.0 cups	145.7
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	143.6
Beans, pink, mature seeds, raw	1.0 cups	141.1
Beverages, Protein powder soy based	1.0 scoop	140.8
Pork, fresh, leg (ham), whole, separable lean only, cooked,	1.0 cups, diced	136.5
Eggnog	1.0 cups	132.6
Beans, black, mature seeds, raw	1.0 cups	128.8
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	122
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	121.4
Fast foods, english muffin, with egg, cheese, and canadian	1.0 sandwich	117.6
Egg, whole, cooked, poached	1.0 large	117
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	112
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	110.5
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	108.7
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	108
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	101.5
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	101.2
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	100.1
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	99.4
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	98.1

Mollusks, mussel, blue, raw	1.0 cups	97.5
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	97.2
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	94.6
Peanuts, all types, dry-roasted, without salt	1.0 cups	94.3
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	91.4
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked,	3.0 oz	90.3
Pork, fresh, enhanced, loin, tenderloin, separable lean only,	4.0 oz	88.9
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	87.8
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	86.8
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	86.6
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	85.8
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	85.7
Chicken, dark meat, thigh, meat only, with added solution,	4.0 oz	84.9
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	84.7
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	84.5
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	84.2
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	82.9
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	82.9
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	82.6
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	82.3
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	81.5
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	81
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	4.0 oz	81
Pork, fresh, loin, whole, separable lean and fat, cooked,	3.0 oz	79.8
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	79.7
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	79.2
Pork, cured, ham, rump, bone-in, separable lean only,	3.0 oz	78.1
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	78.1
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	77.8

Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	77.5
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	77.1
Pork, cured, ham, shank, bone-in, separable lean only,	3.0 oz	76.9
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	76.9
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	76.3
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	75.4
Lima beans, immature seeds, cooked, boiled, drained,	1.0 cups	75
Fish, salmon, pink, canned, drained solids	3.0 oz	74.6
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	74.4
Seeds, pumpkin and squash seed kernels, roasted, with salt	1.0 cups	74.3
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	74
Braunschweiger (a liver sausage), pork	1.0 oz	72.5
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	72.2
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	71.9
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	71.8
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	71.7
Pork, cured, ham, rump, bone-in, separable lean and fat,	3.0 oz	71.4
Beef, ground, 90% lean meat / 10% fat, patty, cooked,	3.0 oz	71.3
Pork, cured, ham, shank, bone-in, separable lean and fat,	3.0 oz	70.1
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	69.3
Pork, Leg sirloin tip roast, boneless, separable lean and fat,	3.0 oz	67.9
Chicken, broilers or fryers, meat and skin, cooked, fried,	3.0 oz	67.8
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	67.5
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	67.2
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	67
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	66.9
Edamame, frozen, unprepared	1.0 cups	66.1
Fish, swordfish, cooked, dry heat	3.0 oz	65.9
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	65.7
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	63.2
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	62.9
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	61
Beans, black turtle, mature seeds, cooked, boiled, without	1.0 cups	60.3
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	60.2
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cups	60.2

Cereals ready-to-eat, granola, homemade	1.0 cups	60
Chicken, broilers or fryers, leg, meat and skin, cooked,	3.0 oz	59.5
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	59.3
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	58.1
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	57.1
Barley flour or meal	1.0 cups	55.9
Beans, black turtle, mature seeds, canned	1.0 cups	55.7
Mollusks, octopus, common, raw	3.0 oz	55.2
Fish, haddock, raw	3.0 oz	55.2
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	55.1
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	54.8
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	54.3
Nuts, hazelnuts or filberts	1.0 cups, chopped	52.4
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	52.4
Asparagus, canned, drained solids	1.0 cups	51.8
Milk, dry, nonfat, regular, without added vitamin A and	0.25 cups	50.8
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	50.7
Cheese spread, pasteurized process, American	1.0 cups, diced	50.7
Cheese, pasteurized process, swiss	1.0 cups, diced	50.7
Candies, confectioner's coating, peanut butter	1.0 cups chips	50.4
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	50.3
Turkey, ground, fat free, patties, broiled	3.0 oz	50.1
Cream puff, eclair, custard or cream filled, iced	4.0 oz	49.9
Fish, tilapia, raw	1.0 fillet	49.3
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	48.7
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	47
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	46.8
Soup, chicken noodle, dry, mix	1.0 packet	45.7
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	44.9
Tomato products, canned, puree, with salt added	1.0 cups	44
Tomato products, canned, puree, without salt added	1.0 cups	44
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	43.7
Fish, mackerel, spanish, raw	3.0 oz	42.9
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	42.8
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	42.5
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	42.5
Peas, green, raw	1.0 cups	41.2

Noodles, egg, unenriched, cooked, without added salt	1.0 cups	41.1
Noodles, egg, spinach, enriched, cooked	1.0 cups	41.1
Cheese food, pasteurized process, American, vitamin D	1.0 cups	40.9
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	40.6
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	39.8
Mushrooms, portabella, grilled	1.0 cups sliced	39.7
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	39.3
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	38.7
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	37.6
Beerwurst, beer salami, pork and beef	2.0 oz	37.6
Egg, whole, cooked, omelet	1.0 tbsp	37.1
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	36.7
Cauliflower, green, raw	1.0 cups	36.5
Plantains, yellow, raw	1.0 plantain	36.5
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	36.3
Milk, buttermilk, dried	0.25 cups	35.6
Spinach, canned, regular pack, solids and liquids	1.0 cups	35.6
Soup, pea, green, canned, condensed	0.5 cups	34.6
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25%	2.0 oz 1 NLEA serving	34.3
Milk, canned, condensed, sweetened	1.0 fl oz	34
Potatoes, mashed, dehydrated, flakes without milk, dry	1.0 cups	32.9
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cups	32.6
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	32.5
Chicken, skin (drumsticks and thighs), raw	4.0 oz	32
Garlic, raw	1.0 cups	31.6
Oat flour, partially debranned	1.0 cups	31.1
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	29.9
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	29.9
Noodles, egg, dry, unenriched	1.0 cups	29.9
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	29.8
Broccoli, frozen, chopped, cooked, boiled, drained, without	1.0 cups	29.8
Beverages, chocolate powder, no sugar added	2.0 tbsp	29.4
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	28.8
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	28.6
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	28.5
Fish, cisco, smoked	1.0 oz	26.9
Tomatoes, red, ripe, canned, stewed	1.0 cups	26.5
Cornmeal, whole-grain, white	1.0 cups	26.4
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	26
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	25.8

Yogurt, plain, whole milk	1.0 container (6 oz)	25.8
Yogurt, plain, low fat	1.0 container (6 oz)	25.8
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	24.1
Asparagus, cooked, boiled, drained	0.5 cups	23.5
Broccoli, frozen, chopped, unprepared	1.0 cups	23.2
Cheese, feta	1.0 cups, crumbled	23.1
Sausage, turkey, hot, smoked	2.0 oz	23
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	22.9
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	22.3
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	21.8
Cheese, ricotta, whole milk	0.5 cups	21.7
Breadfruit, raw	1.0 cups	21.6
Cheese, cottage, creamed, large or small curd	4.0 oz	20.8
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	20.6
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	20.6
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups, mashed	20.5
Squash, winter, hubbard, cooked, boiled, mashed, without	1.0 cups, mashed	20.5
Vegetable juice cocktail, canned	1.0 cups	20.5
Cheese, provolone	1.0 cups, diced	20.3
Cheese, muenster	1.0 cups, diced	20.3
Cheese, mexican, queso chihuahua	1.0 cups, diced	20.3
Cheese, ricotta, part skim milk	0.5 cups	20.2
Cream, fluid, light whipping	1.0 cups, whipped	20.2
Cream, fluid, heavy whipping	1.0 cups, whipped	20.2
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	20.1
Tangerines, (mandarin oranges), raw	1.0 cups, sections	19.9
Cheese, cottage, creamed, with fruit	4.0 oz	19.8
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	19.8
Bologna, meat and poultry	1.0 slice	19.6
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	18.7
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	18.6
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	18.4
Fish, herring, Atlantic, raw	1.0 oz, boneless	18.4
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	18.4
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	18.4
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	18.4
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	18.3

Beans, snap, green, frozen, cooked, boiled, drained without	1.0 cups	18.2
Cheese, swiss	1.0 cups, diced	18.2
Potatoes, baked, skin, without salt	1.0 skin	18
Passion-fruit, (granadilla), purple, raw	1.0 cups	17.9
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	17.9
Beets, canned, regular pack, solids and liquids	1.0 cups	17.7
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	17.7
Plantains, yellow, baked	1.0 cups	17.7
Soup, beef noodle, canned, condensed	0.5 cups	17.5
Cheese, mozzarella, whole milk	1.0 cups, shredded	17.2
Peas, edible-podded, raw	1.0 cups, chopped	17.1
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	16.9
Brussels sprouts, raw	1.0 cups	16.8
Tomato juice, canned, with salt added	1.0 cups	16.5
Tomato juice, canned, without salt added	1.0 cups	16.5
Blackberry juice, canned	1.0 cups	16.5
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	16.4
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	16.1
Puddings, chocolate, dry mix, regular, prepared with whole	0.5 cups	16
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	15.6
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	15.5
Cheese substitute, mozzarella	1.0 cups, shredded	15.5
Orange juice, chilled, includes from concentrate, with	1.0 cups	15.4
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	15.4
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	15.4
Snacks, potato chips, fat free, salted	1.0 oz	15.3
Currants, zante, dried	1.0 cups	15.3
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	14.9
Bologna, chicken, turkey, pork	1.0 serving	14.9
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	14.7
Gravy, beef, canned, ready-to-serve	1.0 cups	14.7
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	14.5
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	14.4
Wheat flour, white, bread, enriched	1.0 cups	14.2
Cheese, parmesan, grated	1.0 cups	14.1
Kiwifruit, green, raw	1.0 cups, sliced	14

Pasta, dry, enriched	1.0 cups spaghetti	13.7
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	13.6
Litchis, raw	1.0 cups	13.5
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	13.5
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	13.2
Cake, cheesecake, commercially prepared	1.0 oz	13
Wheat flour, white, all-purpose, unenriched	1.0 cups	13
Blackberries, frozen, unsweetened	1.0 cups, unthawed	12.8
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	12.8
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	12.8
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	12.7
Blueberries, frozen, sweetened	1.0 cups, thawed	12.7
Mangos, raw	1.0 cups pieces	12.5
Loganberries, frozen	1.0 cups, unthawed	12.5
Lemon juice, raw	1.0 cups	12.4
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	12.4
Soup, chicken with rice, canned, condensed	0.5 cups	12.3
Lime juice, raw	1.0 cups	12.3
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	12.3
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	12.2
Soup, cream of mushroom, canned, condensed	0.5 cups	12.2
Pomegranate juice, bottled	1.0 cups	12
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	11.8
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	11.8
Egg substitute, powder	0.35 oz	11.6
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	11.3
Carrots, raw	1.0 cups chopped	11.3
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	11.2
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	11.1
Snacks, potato chips, fat-free, made with olestra	1.0 oz	11
Croissants, cheese	1.0 oz	11
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	11
Croissants, butter	1.0 oz	11
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	10.9

Okra, frozen, unprepared	0.33 package (10 oz)	10.8
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	10.7
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	10.7
Cake, snack cakes, creme-filled, sponge	1.0 oz	10.7
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	10.6
Soup, cream of chicken, canned, condensed, reduced	0.5 cups	10.5
Cranberry sauce, canned, sweetened	1.0 cups	10.5
Cake, sponge, commercially prepared	1.0 oz	10.5
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	10.4
Pork sausage, link/patty, fully cooked, unheated	1.0 link	10.4
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	10.3
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	10.3
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	10.3
Fat, beef tallow	1.0 tbsp	10.2
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	10.2
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	10.2
Cream, whipped, cream topping, pressurized	1.0 cups	10.1
Carambola, (starfruit), raw	1.0 cups, cubes	10
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	10
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	10
Snacks, potato sticks	1.0 oz	9.9
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	9.8
Onions, raw	1.0 cups, chopped	9.8
Cress, garden, raw	1.0 cups	9.8
Grapes, canned, thompson seedless, water pack, solids and	1.0 cups	9.3
Crackers, wheat, regular	16.0 crackers 1 serving	9.2
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cups	9.2
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	9.2
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	9.2
Potatoes, flesh and skin, raw	0.5 cups, diced	9.1
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	9
Papayas, raw	1.0 cups 1" pieces	8.8
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	8.8
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	8.8
Bread, whole-wheat, commercially prepared	1.0 slice	8.7
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	8.7
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	8.5

Currants, red and white, raw	1.0 cups	8.5
Dessert topping, powdered, 1.5 ounce prepared with 1/2	1.0 cups	8.5
Cherries, sweet, raw	1.0 cups, with pits, yields	8.4
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	8.3
Nuts, almond butter, plain, with salt added	1.0 tbsp	8.3
Soup, cream of shrimp, canned, prepared with equal	1.0 cups	8.3
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	8.3
Figs, canned, water pack, solids and liquids	1.0 cups	8.2
Beets, raw	1.0 cups	8.2
Onions, sweet, raw	1.0 NLEA serving	8.1
Pie, banana cream, prepared from recipe	1.0 oz	8.1
Applesauce, canned, sweetened, without salt	1.0 cups	8.1
Cake, coffeecake, cinnamon with crumb topping, dry mix,	1.0 oz	8.1
Cake, cherry fudge with chocolate frosting	1.0 oz	8.1
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	8
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	8
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	7.9
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	7.8
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	7.8
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	7.8
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	7.7
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	7.7
Radishes, raw	1.0 cups slices	7.5
Broccoli raab, raw	1.0 cups chopped	7.3
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	7.3
Cheese, American, nonfat or fat free	1.0 serving	7.3
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	7.3
Pears, raw	1.0 cups, slices	7.1
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	6.9
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	6.9
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	6.7
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	6.7
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	6.7
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	6.5
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	6.3
Danish pastry, cinnamon, enriched	1.0 oz	6.2
Apricots, canned, heavy syrup, drained	1.0 cups, halves	6.1

Snacks, corn-based, extruded, onion-flavor	1.0 oz	6
Spinach, raw	1.0 cups	5.8
Snacks, tortilla chips, low fat, made with olestra, nacho	1.0 oz	5.8
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	5.8
Danish pastry, cheese	1.0 oz	5.7
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	5.7
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	5.7
Cream, fluid, half and half	1.0 fl oz	5.6
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	5.6
Cracker, meal	1.0 oz	5.6
Purslane, raw	1.0 cups	5.5
Cheese, pasteurized process, American, fortified with	1.0 oz	5.4
Bread, wheat	1.0 slice	5.4
Cookies, peanut butter sandwich, regular	1.0 oz	5.3
Bread, protein (includes gluten)	1.0 oz	5.3
Bread, oat bran	1.0 oz	5.3
Bread, reduced-calorie, wheat	1.0 oz	5.3
Onions, frozen, whole, unprepared	0.33 package (10 oz)	5.2
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	5.2
Snacks, tortilla chips, ranch-flavor	1.0 oz	5.2
Grapes, american type (slip skin), raw	1.0 cups	5.2
Snacks, oriental mix, rice-based	1.0 oz	5.1
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	5
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	4.9
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	4.9
Milk shakes, thick chocolate	1.0 fl oz	4.8
Infant Formula, GERBER GOOD START 2, GENTLE PLUS,	1.0 fl oz	4.8
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	4.8
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	4.8
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	4.8
Infant formula, GERBER, GOOD START 2 Soy, with iron,	1.0 fl oz	4.8
Salad dressing, mayonnaise, regular	1.0 tbsp	4.7
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	4.7
Apricots, canned, heavy syrup pack, with skin, solids and	1.0 cups, halves	4.6
Soup, chicken broth or bouillon, dry	1.0 cube	4.6
Bread, white, commercially prepared, toasted	1.0 oz	4.5
Bread, oatmeal, toasted	1.0 oz	4.5
Cheese, camembert	1.0 oz	4.4
Cheese, blue	1.0 oz	4.4
Endive, raw	0.5 cups, chopped	4.2
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	4.1

Bread, rye	1.0 oz	4.1
Bread, stuffing, dry mix	1.0 oz	4.1
Cookies, fig bars	1.0 oz	4.1
Bread, reduced-calorie, white	1.0 oz	4.1
Bread, cheese	1.0 slice	4.1
Cookies, chocolate wafers	1.0 oz	4.1
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	4
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	4
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	3.9
Cheese, cream	1.0 tbsp	3.9
Muffins, English, mixed-grain (includes granola)	1.0 oz	3.9
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	3.8
Apples, raw, without skin	1.0 cups slices	3.7
Garlic bread, frozen	1.0 slice presliced	3.7
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	3.6
Crackers, standard snack-type, sandwich, with peanut	0.5 oz	3.5
Turnip greens and turnips, frozen, cooked, boiled, drained,	1.0 cups	3.4
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	3.4
Cookies, oatmeal, commercially prepared, regular	1.0 oz	3.4
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	3.3
Rice, white, long-grain, regular, cooked, unenriched, with	1.0 cups	3.3
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	3.3
Tamarind nectar, canned	1.0 cups	3.3
Snacks, potato chips, barbecue-flavor	1.0 oz	3.3
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	3.2
Gravy, brown instant, dry	1.0 serving	3.2
Cookies, sugar, commercially prepared, regular (includes	1.0 oz	3.1
Figs, raw	1.0 large (2-1/2" dia)	3
Cream, sour, reduced fat, cultured	1.0 tbsp	2.9
Cookies, peanut butter, commercially prepared, regular	1.0 oz	2.8
Rice noodles, cooked	1.0 cups	2.8
Cookies, chocolate sandwich, with creme filling, special	1.0 oz	2.8
Snacks, fruit leather, rolls	1.0 large	2.8
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	2.8
Frostings, coconut-nut, ready-to-eat	0.08 package	2.7
Onions, dehydrated flakes	1.0 tbsp	2.7
Puddings, chocolate, ready-to-eat	1.0 oz	2.7
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	2.7
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	2.7

Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	2.6
Spices, mustard seed, ground	1.0 tsp	2.5
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	2.4
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	2.4
Beverages, almond milk, sweetened, vanilla flavor, ready-to-	8.0 fl oz	2.4
Cookies, molasses	1.0 oz	2.4
Cream, sour, cultured	1.0 tbsp	2.3
Bread, white wheat	1.0 slice	2.3
Candies, MOUNDS Candy Bar	1.0 bar snack size	2.2
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	2.2
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	2.1
Croutons, seasoned	0.5 oz	2.1
Pie, blueberry, commercially prepared	1.0 oz	2
Pie, cherry, commercially prepared	1.0 oz	2
Pie, fried pies, fruit	1.0 oz	2
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	2
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	1.8
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	1.8
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	1.7
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	1.7
Focaccia, Italian flatbread, plain	1.0 piece	1.7
Crackers, standard snack-type, regular	5.0 crackers	1.5
Spices, turmeric, ground	1.0 tsp	1.5
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	1.0 tbsp	1.4
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	1.4
Spices, curry powder	1.0 tsp	1.3
Alcoholic beverage, wine, table, white	1.0 fl oz	1.3
Nuts, coconut cream, canned, sweetened	1.0 tbsp	1.3
Crackers, cheese, regular	0.5 oz	1.2
Candies, caramels, chocolate-flavor roll	1.0 piece	1.2
Cookies, vanilla sandwich with creme filling	1.0 oz	1.2
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	1.1
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	1.1
Butter, salted	1.0 pat (1" sq, 1/3" high)	0.9
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	0.9
Cookies, brownies, dry mix, sugar free	1.0 oz	0.9
Margarine-like, margarine-butter blend, soybean oil and	1.0 tbsp	0.9
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.9
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	0.8
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	0.8
Parmesan cheese topping, fat free	1.0 tablespoon	0.8
Spices, ginger, ground	1.0 tsp	0.7

Salad dressing, russian dressing, low calorie	1.0 tablespoon	0.7
Onions, frozen, chopped, cooked, boiled, drained, without	1.0 tbsp chopped	0.7
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	0.7
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	0.6
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	0.6
Ginger root, raw	1.0 tsp	0.6
Spices, caraway seed	1.0 tsp	0.5
Pokeberry shoots, (poke), cooked, boiled, drained, without	1.0 cups	0.5
Spices, thyme, dried	1.0 tsp, leaves	0.4
Cookies, sugar wafers with creme filling, regular	3.0 cookies	0.4
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	0.4
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	0.4
Olives, pickled, canned or bottled, green	1.0 olive	0.4
Egg, white, raw, fresh	1.0 large	0.4
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	0.3
Arugula, raw	1.0 leaf	0.3
Beverages, Whiskey sour mix, bottled	1.0 fl oz	0.3
Spices, cinnamon, ground	1.0 tsp	0.3
Kale, frozen, unprepared	1.0 cups	0.3
Spices, marjoram, dried	1.0 tsp	0.3
Cookies, shortbread, commercially prepared, plain	1.0 oz	0.3
Spices, nutmeg, ground	1.0 tsp	0.2
Beet greens, raw	1.0 cups	0.2
Kale, raw	1.0 cups	0.1
Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	1.0 fl oz	0.1
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	0.1