



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

Description	Measure	Calcium, Ca(mg)Per
Cheese, swiss	1.0 cups, diced	1175
Whey, sweet, dried	1.0 cups	1154
Cheese, pasteurized process, swiss	1.0 cups, diced	1081
Cheese, provolone	1.0 cups, diced	998
Cheese, muenster	1.0 cups, diced	946
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	937
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	920
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	861
Cheese, mexican, queso chihuahua	1.0 cups, diced	859
Cheese, parmesan, grated	1.0 cups	853
Cheese spread, pasteurized process, American	1.0 cups, diced	787
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	776
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cups	771
Cheese, feta	1.0 cups, crumbled	740
Cheese substitute, mozzarella	1.0 cups, shredded	689
Beverages, Whey protein powder isolate	3.0 scoop	600
Cheese, mozzarella, whole milk	1.0 cups, shredded	566
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cups	508
Soybeans, green, raw	1.0 cups	504
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	483
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	475
Milk, sheep, fluid	1.0 cups	473
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	451
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	8.0 fl oz	451
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.25 cups	377
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	370
Milk, buttermilk, dried	0.25 cups	355
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	352
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	352
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	351

Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	349
Orange juice, chilled, includes from concentrate, with added calcium	1.0 cups	349
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	349
Cheese, ricotta, part skim milk	0.5 cups	337
Eggnog	1.0 cups	330
Wheat flour, white, all-purpose, enriched, calcium-fortified	1.0 cups	315
Yogurt, plain, low fat	1.0 container (6 oz)	311
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	296
Milk, producer, fluid, 3.7% milkfat	1.0 cups	290
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	287
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	280
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	276
Beans, pink, mature seeds, raw	1.0 cups	273
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	272
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	261
Cheese, ricotta, whole milk	0.5 cups	255
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	249
Garlic, raw	1.0 cups	246
Fast foods, english muffin, with egg, cheese, and canadian bacon	1.0 sandwich	242
Fish, salmon, pink, canned, drained solids	3.0 oz	241
Beans, black, mature seeds, raw	1.0 cups	239
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	235
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	217
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	215
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	211
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.0 cups	209
Yogurt, plain, whole milk	1.0 container (6 oz)	206
Taro, tahitian, cooked, without salt	1.0 cups slices	204
Frankfurter, pork	1.0 link	203
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	197
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	196
Cereals, WHEATENA, cooked with water	1.0 cups	194
Spinach, canned, regular pack, solids and liquids	1.0 cups	194
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	194
Bread, white wheat	1.0 slice	192

Collards, frozen, chopped, unprepared	0.33 package (10 oz)	191
Fast foods, biscuit, with egg and bacon	1.0 biscuit	189
Candies, confectioner's coating, peanut butter	1.0 cups chips	185
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	184
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	183
Fish, salmon, pink, canned, without salt, solids with bone and liquid	3.0 oz	181
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cups	174
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	159
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	158
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	158
Corn flour, yellow, masa, enriched	1.0 cups	157
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	154
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	154
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cups	151
Cheese, American, nonfat or fat free	1.0 serving	150
Cheese, blue	1.0 oz	150
Fast foods, croissant, with egg, cheese, and ham	1.0 item	147
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	145
Potatoes, scalloped, home-prepared with butter	1.0 cups	140
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	135
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	134
Beans, baked, canned, with pork	1.0 cups	134
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	131
Nuts, hazelnuts or filberts	1.0 cups, chopped	131
Beans, adzuki, mature seeds, raw	1.0 cups	130
Currants, zante, dried	1.0 cups	127
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	125
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	125
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	125
Cardoon, raw	1.0 cups, shredded	125
Teff, cooked	1.0 cups	123
Oranges, raw, with peel	1.0 cups	119
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	117
Sauce, cheese, ready-to-serve	0.25 cups	116
Ice creams, BREYERS, All Natural Light Vanilla	1.0 serving 1/2 cups	115
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	113

Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	112
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	112
Cheese, camembert	1.0 oz	110
Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	1.0 serving 1/2 cups	109
Milk, canned, condensed, sweetened	1.0 fl oz	108
Fish, herring, Atlantic, pickled	1.0 cups	108
Ice creams, BREYERS, All Natural Light French Chocolate	1.0 serving 1/2 cups	107
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	107
Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	1.0 serving 3.5 fl oz bar	102
Beans, black turtle, mature seeds, cooked, boiled, without salt	1.0 cups	102
Beverages, V8 SPLASH Smoothies, Peach Mango	1.0 serving 8 oz	100
Beverages, V8 SPLASH Smoothies, Strawberry Banana	1.0 serving 8 oz	100
Beverages, chocolate powder, no sugar added	2.0 tbsp	100
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	100
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	99
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	99
Mission Foods, Mission Flour Tortillas, Soft Taco, 8 inch	1.0 serving	97
Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	97
Salami, pork, beef, less sodium	3.0 oz	94
Cheese, cottage, creamed, large or small curd	4.0 oz	94
Cereals ready-to-eat, granola, homemade	1.0 cups	93
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	93
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	92
Kale, frozen, unprepared	1.0 cups	91
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	90
Purslane, cooked, boiled, drained, without salt	1.0 cups	90
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.0 cups	87
Broccoli, frozen, chopped, unprepared	1.0 cups	87
Tomatoes, red, ripe, canned, stewed	1.0 cups	87
Peanuts, all types, dry-roasted, without salt	1.0 cups	85
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	84
Beans, black turtle, mature seeds, canned	1.0 cups	84
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	84
Cream, fluid, light whipping	1.0 cups, whipped	83
Fast Foods, biscuit, with egg and sausage	1.0 item	83
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	82
Milk substitutes, fluid, with lauric acid oil	1.0 cups	81
Beverages, Protein powder soy based	1.0 scoop	80

Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	80
Milk, dry, nonfat, calcium reduced	1.0 oz	79
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	79
Cream, fluid, heavy whipping	1.0 cups, whipped	79
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	79
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	78
Peanuts, valencia, oil-roasted, without salt	1.0 cups	78
Okra, frozen, unprepared	0.33 package (10 oz)	77
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	76
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	76
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	74
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	74
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cups	73
Tangerines, (mandarin oranges), raw	1.0 cups, sections	72
Oranges, raw, California, valencias	1.0 cups sections, without membranes	72
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cups milk	1.0 cups	72
Peas, edible-podded, frozen, unprepared	1.0 cups	72
Edamame, frozen, unprepared	1.0 cups	71
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	71
Fish, herring, Pacific, raw	3.0 oz	71
Figs, canned, water pack, solids and liquids	1.0 cups	69
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	69
Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	1.0 serving	69
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	69
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	68
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	68
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	67
POPEYES, biscuit	1.0 biscuit	65
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	64
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cups, mashed	64
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups, mashed	64
Nuts, butternuts, dried	1.0 cups	64
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	63
Fish, pike, northern, cooked, dry heat	3.0 oz	62
Currants, european black, raw	1.0 cups	62
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1.0 cups	61
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	61
Kiwifruit, green, raw	1.0 cups, sliced	61
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.0 cups	61

Blueberries, wild, canned, heavy syrup, drained	1.0 cups	61
Cream, whipped, cream topping, pressurized	1.0 cups	61
Cheese, cottage, creamed, with fruit	4.0 oz	60
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	59
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	58
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	58
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	58
Fish, burbot, cooked, dry heat	1.0 fillet	58
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	57
Oat flour, partially debranned	1.0 cups	57
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	57
Beans, snap, green, frozen, cooked, boiled, drained without salt	1.0 cups	57
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cups	57
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	56
Muffins, English, mixed-grain (includes granola)	1.0 oz	56
Nuts, almond butter, plain, with salt added	1.0 tbsp	56
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	55
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	55
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	55
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	54
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	54
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	54
Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	54
Kale, raw	1.0 cups	53
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups, chopped	53
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	53
Seeds, lotus seeds, dried	1.0 cups	52
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	52
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	52
Soup, chicken with rice, canned, condensed	0.5 cups	52
Bread, pita, white, enriched	1.0 pita, large (6- 1/2" dia)	52
Bread, whole-wheat, commercially prepared	1.0 slice	52
Frankfurter, meat	1.0 serving (1 hot dog)	51
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	51
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	50
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	50

Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	50
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	48
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	48
Barley flour or meal	1.0 cups	47
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	46
Bread, reduced-calorie, wheat	1.0 oz	46
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	46
Boysenberries, canned, heavy syrup	1.0 cups	46
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	46
Squash, winter, butternut, frozen, cooked, boiled, without salt	1.0 cups, mashed	46
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	45
Mollusks, octopus, common, raw	3.0 oz	45
Tomato products, canned, puree, without salt added	1.0 cups	45
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	45
Tomato products, canned, puree, with salt added	1.0 cups	45
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	45
Beet greens, raw	1.0 cups	44
Beets, canned, regular pack, solids and liquids	1.0 cups	44
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	44
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.0 bar 1.55 oz	44
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	44
Blackberries, frozen, unsweetened	1.0 cups, unthawed	44
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	44
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	43
Broccoli raab, raw	1.0 cups chopped	43
Peas, mature seeds, sprouted, raw	1.0 cups	43
Bread, cheese	1.0 slice	43
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	42
Seeds, sesame flour, low-fat	1.0 oz	42
Carrots, raw	1.0 cups chopped	42
Sausage, pork and turkey, pre-cooked	1.0 serving	42
Peas, edible-podded, raw	1.0 cups, chopped	42
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	42
Tomato products, canned, sauce, with onions	1.0 cups	42
Bologna, meat and poultry	1.0 slice	41
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	41
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	41
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	41
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	41
Soup, chicken noodle, dry, mix	1.0 packet	41

Cress, garden, raw	1.0 cups	40
Bread, salvadoran sweet cheese (quesadilla salvadorenna)	1.0 serving (approximate serving size)	40
Parmesan cheese topping, fat free	1.0 tablespoon	40
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	40
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	40
Soup, cream of celery, canned, prepared with equal volume water	1.0 cups	40
Cream puff, eclair, custard or cream filled, iced	4.0 oz	40
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	39
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	39
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	39
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	39
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	39
Mollusks, mussel, blue, raw	1.0 cups	39
Asparagus, canned, drained solids	1.0 cups	39
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	39
Squash, summer, zucchini, italian style, canned	1.0 cups	39
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.0 oz	39
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cups	38
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	38
Loganberries, frozen	1.0 cups, unthawed	38
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	38
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1.0 fl oz	38
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	1.0 fl oz	38
Snacks, tortilla chips, ranch-flavor	1.0 oz	38
Gooseberries, raw	1.0 cups	38
Milk shakes, thick chocolate	1.0 fl oz	37
Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	1.0 serving 13 pieces	37
Breadfruit, raw	1.0 cups	37
Mollusks, oyster, eastern, farmed, raw	3.0 oz	37
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	37
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	37
POPEYES, Coleslaw	1.0 package	37
Brussels sprouts, raw	1.0 cups	37
Currants, red and white, raw	1.0 cups	37
Onions, raw	1.0 cups, chopped	37
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	37

Carrots, canned, regular pack, drained solids	1.0 cups, sliced	36
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	36
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.0 oz	36
Peas, green, raw	1.0 cups	36
Bread, wheat	1.0 slice	36
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	36
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	36
Vegetable juice cocktail, canned	1.0 cups	35
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	35
Bread, protein (includes gluten)	1.0 oz	35
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	35
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	35
Grapefruit, raw, white, Florida	1.0 cups sections, with juice	34
Onions, frozen, whole, unprepared	0.33 package (10 oz)	34
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	34
Lime juice, raw	1.0 cups	34
Bread, white, commercially prepared, toasted	1.0 oz	34
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	34
Sweet potato, canned, syrup pack, drained solids	1.0 cups	33
Cheese, neufchatel	1.0 oz	33
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	33
Continental Mills, Krusteaz Almond Poppyseed Muffin Mix, Artificially Flavored, dry	1.0 serving	33
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	33
Bread, reduced-calorie, oatmeal	1.0 oz	33
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	32
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	32
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	32
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	32
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	32
Cream, fluid, half and half	1.0 fl oz	32
Egg substitute, powder	0.35 oz	32
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	32
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	31
Crackers, wheat, regular	16.0 crackers 1 serving	31
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	31
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	31
Snacks, potato chips, made from dried potatoes, cheese-flavor	1.0 oz	31
Noodles, egg, spinach, enriched, cooked	1.0 cups	30
Drumstick pods, raw	1.0 cups slices	30

Blackberry juice, canned	1.0 cups	30
Spices, savory, ground	1.0 tsp	30
Spinach, raw	1.0 cups	30
Onions, sweet, raw	1.0 NLEA serving	30
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	30
Radishes, raw	1.0 cups slices	29
Papayas, raw	1.0 cups 1" pieces	29
Crackers, wheat, sandwich, with cheese filling	0.5 oz	29
Macaroni, vegetable, enriched, dry	1.0 cups spiral shaped	29
Egg, whole, cooked, fried	1.0 large	29
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	28
Passion-fruit, (granadilla), purple, raw	1.0 cups	28
Heinz, Weight Watcher, Chocolate Eclair, frozen	1.0 eclair, frozen	28
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	28
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	28
Veal, shank (fore and hind), separable lean and fat, cooked, braised	3.0 oz	28
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	28
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	28
Egg, whole, cooked, poached	1.0 large	28
Egg, whole, raw, fresh	1.0 large	28
Purslane, raw	1.0 cups	28
Cookies, chocolate sandwich, with creme filling, special dietary	1.0 oz	28
Bread, stuffing, dry mix	1.0 oz	27
Pomegranate juice, bottled	1.0 cups	27
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	27
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	27
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	27
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	27
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	27
Bologna, pork and turkey, lite	1.0 serving 2 oz	27
MORI-NU, Tofu, silken, firm	1.0 slice	27
Soup, pea, green, canned, condensed	0.5 cups	27
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	27
Bread, reduced-calorie, white	1.0 oz	27
Keikitos (muffins), Latino bakery item	1.0 piece	26
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	26
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	26
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	26
Spices, cinnamon, ground	1.0 tsp	26
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	26
Fish, scup, cooked, dry heat	1.0 fillet	26
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	25

Bread, pound cake type, pan de torta salvadoran	1.0 serving	25
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cups	25
Cherries, sour, red, canned, light syrup pack, solids and liquids	1.0 cups	25
Tamarind nectar, canned	1.0 cups	25
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	25
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	25
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	25
Chicory roots, raw	1.0 root	25
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	24
Grapes, canned, thompson seedless, water pack, solids and liquids	1.0 cups	24
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	24
Tomato juice, canned, without salt added	1.0 cups	24
Tomato juice, canned, with salt added	1.0 cups	24
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	24
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	24
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	24
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	24
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups, mashed	24
Squash, winter, hubbard, cooked, boiled, mashed, without salt	1.0 cups, mashed	24
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.0 cups, halves	23
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	23
Bread, irish soda, prepared from recipe	1.0 oz	23
Bologna, chicken, turkey, pork	1.0 serving	23
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	23
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3.0 oz	23
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	23
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	23
Fish, grouper, mixed species, raw	3.0 oz	23
Cowpeas, leafy tips, raw	1.0 cups, chopped	23
Figs, raw	1.0 large (2-1/2" dia)	22
Nabisco, Nabisco Grahams Crackers	1.0 serving	22
Bread, stuffing, cornbread, dry mix	1.0 oz	22
Soup, cream of shrimp, canned, prepared with equal volume water	1.0 cups	22
Apricots, canned, heavy syrup, drained	1.0 cups, halves	22
Seeds, safflower seed meal, partially defatted	1.0 oz	22
Beets, raw	1.0 cups	22
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	22

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	21
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	21
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	21
Pie, banana cream, prepared from recipe	1.0 oz	21
Cauliflower, green, raw	1.0 cups	21
Sausage, Italian, sweet, links	1.0 link 3 oz	21
Cookies, molasses	1.0 oz	21
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready-to- feed with ARA and DHA	1.0 fl oz	21
Asparagus, cooked, boiled, drained	0.5 cups	21
Bread, rye	1.0 oz	21
Wheat flour, white, bread, enriched	1.0 cups	21
Bread, oatmeal, toasted	1.0 oz	20
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	20
Flan, caramel custard, dry mix	1.0 package (3 oz)	20
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	20
Danish pastry, cinnamon, enriched	1.0 oz	20
Grapefruit juice, white, canned, sweetened	1.0 cups	20
Focaccia, Italian flatbread, plain	1.0 piece	20
Cake, sponge, commercially prepared	1.0 oz	20
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	20
Potatoes, baked, skin, without salt	1.0 skin	20
Beverages, V8 V-FUSION Juices, Peach Mango	1.0 serving 8 oz	20
Bamboo shoots, raw	1.0 cups (1/2" slices)	20
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	20
Crackers, cheese, regular	0.5 oz	19
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	19
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	19
Veal, Australian, shank, hind, bone-in, separable lean only, raw	4.0 oz	19
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	19
Crackers, standard snack-type, regular	5.0 crackers	19
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	19
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	19
Pasta, dry, enriched	1.0 cups spaghetti	19
Pasta, dry, unenriched	1.0 cups spaghetti	19
Spices, thyme, dried	1.0 tsp, leaves	19
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	19
Candies, truffles, prepared-from-recipe	1.0 piece	19
Wheat flour, white, all-purpose, unenriched	1.0 cups	19

Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	19
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	19
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	18
Bread, oat bran	1.0 oz	18
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	18
Asparagus, canned, regular pack, solids and liquids	0.5 cups	18
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	18
Mangos, raw	1.0 cups pieces	18
Cookies, fig bars	1.0 oz	18
Cherries, sweet, raw	1.0 cups, with pits, yields	18
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	18
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	18
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	18
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	18
Mountain yam, hawaii, raw	0.5 cups, cubes	18
Balsam-pear (bitter melon), pods, raw	1.0 cups (1/2" pieces)	18
Kanpyo, (dried gourd strips)	1.0 strip	18
Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	18
Chocolate, dark, 60-69% cacao solids	1.0 oz	18
Rice flour, brown	1.0 cups	17
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cups	17
Rowal, raw	0.5 cups	17
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	17
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	17
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	4.0 oz	17
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	17
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	17
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	16
Carissa, (natal-plum), raw	1.0 cups slices	16
Baking chocolate, MARS SNACKFOOD US, M & M's Milk Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	16
Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cups	16
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	16
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	16
Fish, herring, Atlantic, raw	1.0 oz, boneless	16

Cookies, brownies, prepared from recipe	1.0 oz	16
Fish, mahimahi, cooked, dry heat	3.0 oz	16
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	16
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	16
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	16
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	16
Rice, white, long-grain, regular, cooked, unenriched, with salt	1.0 cups	16
Syrups, table blends, pancake, with 2% maple, with added potassium	1.0 cups	16
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	16
Cream, sour, reduced fat, cultured	1.0 tbsp	16
Barbecue loaf, pork, beef	1.0 oz	16
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	15
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	15
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	15
Snacks, oriental mix, rice-based	1.0 oz	15
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	15
Fish, lingcod, cooked, dry heat	3.0 oz	15
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	15
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	15
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	15
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	15
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	15
Beerwurst, beer salami, pork and beef	2.0 oz	15
Beerwurst, pork and beef	1.0 serving 2 oz	15
Soup, cream of mushroom, canned, condensed	0.5 cups	15
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	15
Croissants, cheese	1.0 oz	15
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	15
Cookies, peanut butter sandwich, regular	1.0 oz	15
Soup, beef noodle, canned, condensed	0.5 cups	15
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	15
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	15

Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	15
Pillsbury, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	1.0 biscuit	15
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	15
Lemon juice, raw	1.0 cups	15
Sorghum flour, whole-grain	1.0 cups	15
Spices, caraway seed	1.0 tsp	14
Cake, cheesecake, commercially prepared	1.0 oz	14
Puddings, chocolate, ready-to-eat	1.0 oz	14
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	14
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	14
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	14
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	14
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	14
Noodles, japanese, somen, cooked	1.0 cups	14
Cheese, cream	1.0 tbsp	14
Gravy, beef, canned, ready-to-serve	1.0 cups	14
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	14
Blueberries, frozen, sweetened	1.0 cups, thawed	14
Soup, cream of chicken, canned, condensed, reduced sodium	0.5 cups	14
Croutons, seasoned	0.5 oz	14
Cake, cherry fudge with chocolate frosting	1.0 oz	14
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	14
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3.0 oz	14
Spices, anise seed	1.0 tsp, whole	14
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	14
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	13
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	13
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	13
Noodles, egg, dry, unenriched	1.0 cups	13
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	13
Noodles, japanese, somen, dry	2.0 oz	13
Endive, raw	0.5 cups, chopped	13
Grapes, american type (slip skin), raw	1.0 cups	13
Onions, dehydrated flakes	1.0 tbsp	13
Potatoes, roasted, salt added in processing, frozen, unprepared	3.0 oz	13
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	13
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	13
Groundcherries, (cape-gooseberries or poha), raw	1.0 cups	13

Pears, raw	1.0 cups, slices	13
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	13
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	12
Pillsbury, Cinnamon Rolls with Icing, refrigerated dough	1.0 serving 1 roll with icing	12
Snacks, pork skins, barbecue-flavor	1.0 oz	12
Cookies, peanut butter sandwich, special dietary	1.0 oz	12
Bread, cracked-wheat	1.0 oz	12
Cream, sour, cultured	1.0 tbsps	12
Liverwurst spread	0.25 cups	12
Spices, marjoram, dried	1.0 tsp	12
Fish, salmon, chum, cooked, dry heat	3.0 oz	12
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	12
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	12
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	12
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	12
Sausage, turkey, hot, smoked	2.0 oz	12
Cookies, peanut butter, commercially prepared, regular	1.0 oz	12
Corn grain, white	1.0 cups	12
Garlic bread, frozen	1.0 slice presliced	12
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups, cubes	12
Fish, tilapia, raw	1.0 fillet	12
Crackers, standard snack-type, sandwich, with peanut butter filling	0.5 oz	12
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw meat)	11
Crackers, melba toast, rye (includes pumpnickel)	0.5 oz	11
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	11
Fish, pollock, Alaska, cooked	3.0 oz	11
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	11
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	11
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	11
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	11
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	11
Sausage, turkey, fresh, raw	1.0 serving	11
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	11
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	11
Croutons, plain	0.5 oz	11
Cake, coffecake, creme-filled with chocolate frosting	1.0 oz	11

Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	11
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	11
Fish, bluefish, cooked, dry heat	1.0 fillet	11
Fish, bluefish, raw	1.0 fillet	10
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	10
Spices, curry powder	1.0 tsp	10
Croissants, butter	1.0 oz	10
Cookies, oatmeal, commercially prepared, regular	1.0 oz	10
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	10
Squab, (pigeon), meat and skin, raw	3.0 oz	10
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	10
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	10
Chicory, witloof, raw	1.0 head	10
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.0 oz	10
Snacks, potato chips, fat free, salted	1.0 oz	10
Snacks, potato chips, fat-free, made with olestra	1.0 oz	10
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	10
Danish pastry, cheese	1.0 oz	10
Pillsbury, Crusty French Loaf, refrigerated dough	1.0 serving	10
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cups	10
Cookies, sugar wafers with creme filling, regular	3.0 cookies	10
Orange peel, raw	1.0 tbsp	10
Soup, beef broth, bouillon, consomme, prepared with equal volume water	1.0 cups (8 fl oz)	10
Litchis, raw	1.0 cups	10
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw meat)	10
Fish, cisco, raw	1.0 fillet	9
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cups, diced	9
Syrups, table blends, pancake	1.0 cups	9
Fish, mackerel, spanish, raw	3.0 oz	9
Fish, haddock, raw	3.0 oz	9
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	9
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.0 oz	9
Guinea hen, meat only, raw	3.0 oz	9
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	9
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	9
Snacks, potato chips, barbecue-flavor	1.0 oz	9
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	9
Potatoes, flesh and skin, raw	0.5 cups, diced	9

Archway Home Style Cookies, Iced Oatmeal	1.0 serving	9
Cookies, oatmeal, refrigerated dough	1.0 oz	9
Cookies, chocolate wafers	1.0 oz	9
Bologna, pork, turkey and beef	1.0 oz	9
Cookies, shortbread, commercially prepared, pecan	1.0 oz	9
Croissants, apple	1.0 oz	9
Cranberry sauce, canned, sweetened	1.0 cups	8
Snacks, corn-based, extruded, onion-flavor	1.0 oz	8
Papaya, canned, heavy syrup, drained	1.0 piece	8
Sweeteners, for baking, brown, contains sugar and sucralose	1.0 tbsp	8
Mushrooms, Chanterelle, raw	1.0 cups	8
Plantains, yellow, raw	1.0 plantain	8
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	8
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	8
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	8
Fish, roe, mixed species, cooked, dry heat	1.0 oz	8
Cookies, oatmeal, with raisins	1.0 oz	8
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.0 oz	8
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	8
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	8
Gravy, brown instant, dry	1.0 serving	8
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	8
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	8
Cookies, vanilla sandwich with creme filling	1.0 oz	8
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	8
Veal, breast, whole, boneless, separable lean only, cooked, braised	3.0 oz	8
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	8
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.0 oz	8
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	8
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	8
Pork, fresh, variety meats and by-products, brain, cooked, braised	3.0 oz	8
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	8
Archway Home Style Cookies, Molasses	1.0 serving	8
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	8
Soup, chicken broth or bouillon, dry	1.0 cube	7
Olives, ripe, canned (small-extra large)	1.0 tbsp	7
Applesauce, canned, sweetened, without salt	1.0 cups	7
Fish, cisco, smoked	1.0 oz	7
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	7

Cake, white, dry mix, special dietary (includes lemon-flavored)	1.0 oz	7
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	7
Cornmeal, whole-grain, white	1.0 cups	7
Dessert topping, powdered	1.0 oz	7
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
Egg, whole, cooked, omelet	1.0 tbsp	7
Rice noodles, cooked	1.0 cups	7
Archway Home Style Cookies, Date Filled Oatmeal	1.0 serving	7
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	7
Spices, tarragon, dried	1.0 tsp, leaves	7
Cake, snack cakes, creme-filled, sponge	1.0 oz	7
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	7
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	7
Peppers, pasilla, dried	1.0 pepper	7
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	7
Chicken, skin (drumsticks and thighs), raw	4.0 oz	7
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	7
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	7
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	7
Snacks, fruit leather, rolls	1.0 large	7
Archway Home Style Cookies, Iced Molasses	1.0 serving	7
Cracker, meal	1.0 oz	7
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	6
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	6
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	6
Crackers, rye, wafers, seasoned	0.5 oz	6
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	6
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	6
Pie, fried pies, fruit	1.0 oz	6
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	6
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	6
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	6
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	6
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	6
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	6
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	6

Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	6
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	6
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	6
Tree fern, cooked, without salt	0.5 cups, chopped	6
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	6
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	6
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	6
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	6
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	6
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	6
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	6
Rice, white, medium-grain, cooked, unenriched	1.0 cups	6
Apples, raw, without skin	1.0 cups slices	6
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cups	5
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	5
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5
Spices, mustard seed, ground	1.0 tsp	5
Pillsbury, Chocolate Chip Cookies, refrigerated dough	1.0 serving 2 cookies	5
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	5
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	5
Snacks, potato sticks	1.0 oz	5
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	5
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	3.0 oz	5
Fish, wolffish, Atlantic, raw	3.0 oz	5
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	5
Turkey, ground, fat free, patties, broiled	3.0 oz	5
Fish, swordfish, cooked, dry heat	3.0 oz	5
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	5
Pork, cured, ham, shank, bone-in, separable lean only, unheated	3.0 oz	5
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	5
Nabisco, Nabisco Ritz Crackers	1.0 cracker	5

Spices, turmeric, ground	1.0 tsp	5
Spices, bay leaf	1.0 tsp, crumbled	5
Archway Home Style Cookies, Raspberry Filled	1.0 serving	5
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	5
Frostings, coconut-nut, ready-to-eat	0.08 package	5
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	5
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	5
Biscuits, mixed grain, refrigerated dough	1.0 oz	5
Candies, TWIZZLERS CHERRY BITES	18.0 pieces	5
Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry	1.0 serving	5
Baking chocolate, MARS SNACKFOOD US, M & M's Semisweet Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	5
Candies, YORK Peppermint Pattie	1.0 patty 1.5 oz	5
Cookies, chocolate chip, refrigerated dough	1.0 serving	5
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	5
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	5
Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.0 oz	5
Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	4.0 oz	5
Spices, mace, ground	1.0 tsp	4
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	4
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	3.0 oz	4
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	4
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	4
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	4
Plantains, yellow, baked	1.0 cups	4
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw meat)	4
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	4
Spices, nutmeg, ground	1.0 tsp	4
Mollusks, oyster, Pacific, raw	1.0 medium	4
Candies, MOUNDS Candy Bar	1.0 bar snack size	4
Carambola, (starfruit), raw	1.0 cups, cubes	4
Bacon and beef sticks	1.0 oz	4
Candies, YORK BITES	15.0 pieces	4
Crackers, rusk toast	0.5 oz	4
Cookies, shortbread, commercially prepared, plain	1.0 oz	4

Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	4
Pork sausage, link/patty, fully cooked, unheated	1.0 link	4
Mushrooms, portabella, grilled	1.0 cups sliced	4
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	4
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	4
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	4
Dessert topping, pressurized	1.0 cups	4
Pie, cherry, commercially prepared	1.0 oz	3
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	3
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	3
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	3
Cookies, brownies, dry mix, sugar free	1.0 oz	3
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	3
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	3
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	3
Fish, tuna, white, canned in oil, drained solids	3.0 oz	3
Beef, Australian, imported, grass-fed, seam fat, raw	4.0 oz	3
Ham, honey, smoked, cooked	1.0 oz (1 serving)	3
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	3
Arugula, raw	1.0 leaf	3
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	3
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	3
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	3
Salad dressing, russian dressing, low calorie	1.0 tablespoon	3
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	3
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	3
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	3
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	3
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	3
Salami, Italian, pork	1.0 oz	3
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	3
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	3

Alcoholic beverage, wine, table, white	1.0 fl oz	3
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	3
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	3
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	3
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	3
Braunschweiger (a liver sausage), pork	1.0 oz	3
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	3
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	3
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	3
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	3
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.0 tablespoon	2
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	2
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	2
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.0 tbsp chopped	2
Candies, caramels, chocolate-flavor roll	1.0 piece	2
Beverages, water, bottled, non-carbonated, EVIAN	1.0 fl oz	2
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	2
Egg, white, raw, fresh	1.0 large	2
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	2
Pie, blueberry, commercially prepared	1.0 oz	2
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	2
Grapes, muscadine, raw	1.0 grape	2
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	2
Dill weed, fresh	5.0 sprigs	2
Spices, ginger, ground	1.0 tsp	2
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	2
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	2
Veal, breast, whole, boneless, separable lean and fat, raw	1.0 oz	2
Snacks, rice cakes, brown rice, multigrain	1.0 cake	2
Veal, breast, separable fat, cooked	1.0 oz	2
Nuts, coconut cream, raw (liquid expressed from grated meat)	1.0 tbsp	2
Beverages, carbonated, club soda	1.0 fl oz	1

Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	1
Margarine-like, margarine-butter blend, soybean oil and butter	1.0 tbsp	1
Olives, pickled, canned or bottled, green	1.0 olive	1
Cream substitute, liquid, with lauric acid oil and sodium caseinate	1.0 container, individual	1
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	1
Butter, salted	1.0 pat (1" sq, 1/3" high)	1
Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	1.0 fl oz	1
Water, bottled, non-carbonated, NAYA	1.0 fl oz	1
Salad dressing, mayonnaise, regular	1.0 tbsp	1
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	1
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	1.0 tbsp	1
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	1
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	1.0 fl oz	1
Alcoholic beverage, beer, light, BUD LIGHT	1.0 fl oz	1
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	1
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	1
Salad dressing, french, home recipe	1.0 tablespoon	1
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	1
Snacks, rice cakes, brown rice, corn	1.0 cake	1
Longans, dried	1.0 fruit	1
Nuts, coconut cream, canned, sweetened	1.0 tbsp	1
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	1
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1.0 serving	1
Whiskey sour mix, bottled, with added potassium and sodium	1.0 fl oz	1
Beverages, Whiskey sour mix, bottled	1.0 fl oz	1
Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	1.0 fl oz	1
Sesbania flower, raw	1.0 flower	1