



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

| Description  | Measure                | Magnesium, Mg(mg)Per Measure |
|--|------------------------|------------------------------|
| Seeds, pumpkin and squash seed kernels, roasted, with                                | 1.0 cups               | 649                          |
| Nuts, almonds, dry roasted, without salt added                                       | 1.0 cups whole kernels | 385                          |
| Beans, pink, mature seeds, raw   | 1.0 cups               | 382                          |
| Beans, black, mature seeds, raw  | 1.0 cups               | 332                          |
| Nuts, butternuts, dried  | 1.0 cups               | 284                          |
| Peanuts, all types, dry-roasted, without salt  | 1.0 cups               | 260                          |
| Whey, sweet, dried   | 1.0 cups               | 255                          |
| Beans, adzuki, mature seeds, raw   | 1.0 cups               | 250                          |
| Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds            | 1.0 cups               | 235                          |
| Peanuts, valencia, oil-roasted, without salt   | 1.0 cups               | 230                          |
| Corn grain, white  | 1.0 cups               | 211                          |
| Cereals ready-to-eat, granola, homemade  | 1.0 cups               | 205                          |
| Beverages, Whey protein powder isolate   | 3.0 scoop              | 200                          |
| Nuts, hazelnuts or filberts  | 1.0 cups, chopped      | 187                          |
| Candies, confectioner's coating, peanut butter                                       | 1.0 cups chips         | 185                          |
| Rice flour, brown  | 1.0 cups               | 177                          |
| Seeds, sunflower seed kernels, toasted, without salt                                 | 1.0 cups               | 173                          |
| Seeds, sunflower seed kernels, oil roasted, without salt                             | 1.0 cups               | 171                          |
| Soybeans, green, raw   | 1.0 cups               | 166                          |
| Desserts, mousse, chocolate, prepared-from-recipe                                    | 1.0 recipe yield       | 162                          |
| Cornmeal, whole-grain, white   | 1.0 cups               | 155                          |
| Oat flour, partially debranned   | 1.0 cups               | 150                          |
| Sorghum flour, whole-grain   | 1.0 cups               | 149                          |
| Barley flour or meal   | 1.0 cups               | 142                          |
| Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan | 1.0 bottle             | 133                          |
| Spinach, canned, regular pack, solids and liquids                                    | 1.0 cups               | 131                          |
| Teff, cooked   | 1.0 cups               | 126                          |
| Lima beans, immature seeds, cooked, boiled, drained,                                 | 1.0 cups               | 126                          |
| Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)        | 1.0 cups spaghetti     | 116                          |
| Soybeans, green, cooked, boiled, drained, without salt                               | 1.0 cups               | 108                          |
| Corn flour, yellow, masa, enriched   | 1.0 cups               | 106                          |
| Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt      | 1.0 cups               | 101                          |
| Seeds, safflower seed meal, partially defatted                                       | 1.0 oz                 | 99                           |
| Plantains, yellow, raw   | 1.0 plantain           | 97                           |

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| Seeds, sesame flour, low-fat   | 1.0 oz                               | 96 |
| Cornmeal, white, self-rising, bolted, with wheat flour added, enriched             | 1.0 cups                             | 92 |
| Orange juice, frozen concentrate, unsweetened, undiluted                           | 1.0 cups                             | 92 |
| Beans, black turtle, mature seeds, cooked, boiled, without                         | 1.0 cups                             | 91 |
| Potatoes, Russet, flesh and skin, baked  | 1.0 potato large (3" to 4-1/4" dia.) | 90 |
| Beans, baked, canned, with pork  | 1.0 cups                             | 86 |
| Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt         | 1.0 cups                             | 86 |
| Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 1.0 cups                             | 85 |
| Soup, black bean, canned, condensed  | 1.0 cups (8 fl oz)                   | 85 |
| Beans, black turtle, mature seeds, canned  | 1.0 cups                             | 84 |
| Lima beans, immature seeds, frozen, baby, unprepared                               | 1.0 cups                             | 82 |
| Pasta, fresh-refrigerated, spinach, as purchased                                   | 4.0 oz                               | 81 |
| Grapefruit juice, white, frozen concentrate, unsweetened, undiluted                | 1.0 can (6 fl oz)                    | 79 |
| Purslane, cooked, boiled, drained, without salt                                    | 1.0 cups                             | 77 |
| Apricots, dehydrated (low-moisture), sulfured, uncooked                            | 1.0 cups                             | 75 |
| Cardoon, raw   | 1.0 cups, shredded                   | 75 |
| Cowpeas (blackeyes), immature seeds, raw   | 1.0 cups                             | 74 |
| Tofu, raw, firm, prepared with calcium sulfate                                     | 0.5 cups                             | 73 |
| Pie Crust, Cookie-type, Chocolate, Ready Crust                                     | 1.0 crust                            | 73 |
| Amaranth leaves, cooked, boiled, drained, without salt                             | 1.0 cups                             | 73 |
| Edamame, frozen, unprepared  | 1.0 cups                             | 72 |
| Taro, tahitian, cooked, without salt   | 1.0 cups slices                      | 70 |
| Passion-fruit, (granadilla), purple, raw   | 1.0 cups                             | 68 |
| Cornmeal, white, self-rising, degermed, enriched                                   | 1.0 cups                             | 68 |
| Seeds, lotus seeds, dried  | 1.0 cups                             | 67 |
| Peas, mature seeds, sprouted, raw  | 1.0 cups                             | 67 |
| Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size                    | 1.0 cups (1 NLEA serving)            | 65 |
| Nuts, mixed nuts, oil roasted, with peanuts, lightly salted                        | 1.0 oz                               | 65 |
| Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple                         | 1.0 cups (1 NLEA serving)            | 64 |
| Squash, winter, acorn, cooked, boiled, mashed, without                             | 1.0 cups, mashed                     | 64 |
| Squash, winter, acorn, cooked, boiled, mashed, with salt                           | 1.0 cups, mashed                     | 64 |
| Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit                   | 2.0 biscuits (1 NLEA serving)        | 61 |
| Lima beans, immature seeds, frozen, fordhook,                                      | 1.0 cups                             | 61 |
| Cereals, QUAKER, Instant Oatmeal Organic, Regular                                  | 1.0 packet                           | 61 |
| Squash, winter, butternut, cooked, baked, without salt                             | 1.0 cups, cubes                      | 59 |
| Pasta, fresh-refrigerated, plain, as purchased                                     | 4.0 oz                               | 59 |
| Tomato products, canned, puree, with salt added                                    | 1.0 cups                             | 58 |
| Tomato products, canned, puree, without salt added                                 | 1.0 cups                             | 58 |
| Plantains, yellow, baked   | 1.0 cups                             | 57 |

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| Beans, pinto, immature seeds, frozen, unprepared  | 0.33 package (10 oz)      | 56 |
| Soybeans, mature seeds, sprouted, cooked, steamed   | 1.0 cups                  | 56 |
| Peaches, dehydrated (low-moisture), sulfured, stewed                                      | 1.0 cups                  | 56 |
| Fish, yellowtail, mixed species, cooked, dry heat   | 0.5 fillet                | 55 |
| Breadfruit, raw   | 1.0 cups                  | 55 |
| Jute, potherb, cooked, boiled, drained, without salt                                      | 1.0 cups                  | 54 |
| Pancakes, buckwheat, dry mix, incomplete  | 1.0 oz                    | 54 |
| Crustaceans, crab, queen, cooked, moist heat  | 3.0 oz                    | 54 |
| Candies, NESTLE, BUTTERFINGER Crisp   | 1.0 piece                 | 53 |
| Tomato products, canned, sauce, with onions, green peppers, and celery                    | 1.0 cups                  | 52 |
| Blackberry juice, canned  | 1.0 cups                  | 52 |
| Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt | 1.0 cups slices           | 52 |
| Currants, zante, dried  | 1.0 cups                  | 52 |
| Mollusks, mussel, blue, raw   | 1.0 cups                  | 51 |
| Chocolate, dark, 60-69% cacao solids  | 1.0 oz                    | 50 |
| Fish, bluefish, raw   | 1.0 fillet                | 50 |
| DIGIORNO Pizza, cheese topping, rising crust, frozen, baked                               | 1.0 slice 1/4 of pie      | 49 |
| Mollusks, oyster, eastern, cooked, breaded and fried                                      | 3.0 oz                    | 49 |
| Fish, bluefish, cooked, dry heat  | 1.0 fillet                | 49 |
| Tomato products, canned, sauce, with tomato tidbits                                       | 1.0 cups                  | 49 |
| Burdock root, cooked, boiled, drained, without salt                                       | 1.0 cups (1" pieces)      | 49 |
| Cereals, WHEATENA, cooked with water  | 1.0 cups                  | 49 |
| Corn, sweet, yellow, canned, vacuum pack, regular pack                                    | 1.0 cups                  | 48 |
| Eggnog  | 1.0 cups                  | 48 |
| Pasta, dry, enriched  | 1.0 cups spaghetti        | 48 |
| Pasta, dry, unenriched  | 1.0 cups spaghetti        | 48 |
| Peas, green, raw  | 1.0 cups                  | 48 |
| Tomato products, canned, sauce, with onions   | 1.0 cups                  | 47 |
| Potatoes, scalloped, home-prepared with butter  | 1.0 cups                  | 47 |
| Nuts, chestnuts, european, raw, unpeeled  | 1.0 cups                  | 46 |
| Cheese substitute, mozzarella   | 1.0 cups, shredded        | 46 |
| Rice, white, long-grain, regular, raw, unenriched   | 1.0 cups                  | 46 |
| Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt           | 1.0 cups                  | 46 |
| Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry   | 0.5 cups (1 NLEA serving) | 46 |
| Cereals, oats, instant, fortified, with raisins and spice, prepared with water            | 1.0 cups                  | 46 |
| Squash, winter, hubbard, baked, with salt   | 1.0 cups, cubes           | 45 |
| Beverages, chocolate powder, no sugar added   | 2.0 tbsp                  | 45 |
| Drumstick pods, raw   | 1.0 cups slices           | 45 |
| Nuts, almond butter, plain, with salt added   | 1.0 tbsp                  | 45 |

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| Peas and carrots, frozen, cooked, boiled, drained, without salt   | 1.0 package (10 oz) yields | 44 |
| Beets, canned, regular pack, solids and liquids   | 1.0 cups                   | 44 |
| Milk, sheep, fluid  | 1.0 cups                   | 44 |
| Yardlong bean, cooked, boiled, drained, without salt  | 1.0 cups slices            | 44 |
| Cheese, swiss   | 1.0 cups, diced            | 44 |
| Crustaceans, spiny lobster, mixed species, cooked, moist  | 3.0 oz                     | 43 |
| Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged   | 1.0 cups                   | 43 |
| Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)         | 1.0 oz                     | 43 |
| Candies, dark chocolate coated coffee beans   | 1.0 serving 28 pieces      | 43 |
| Turnip greens, frozen, cooked, boiled, drained, without salt  | 1.0 cups                   | 43 |
| Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches  | 1.0 cups (1 NLEA serving)  | 42 |
| Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added                       | 1.0 cups                   | 42 |
| Okra, frozen, unprepared  | 0.33 package (10 oz)       | 41 |
| Pears, dried, sulfured, stewed, without added sugar   | 1.0 cups, halves           | 41 |
| Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" | 4.0 oz                     | 41 |
| Cheese spread, pasteurized process, American  | 1.0 cups, diced            | 41 |
| Cheese, pasteurized process, swiss  | 1.0 cups, diced            | 41 |
| Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS   | 1.0 cups (1 NLEA serving)  | 40 |
| Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added                  | 1.0 cups                   | 40 |
| Potatoes, mashed, dehydrated, flakes without milk, dry  | 1.0 cups                   | 40 |
| Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)                  | 1.0 cups                   | 39 |
| Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D                     | 1.0 cups                   | 39 |
| Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D                          | 1.0 cups                   | 39 |
| Turnip greens and turnips, frozen, cooked, boiled, without salt   | 1.0 cups                   | 39 |
| Beans, kidney, mature seeds, sprouted, raw  | 1.0 cups                   | 39 |
| Macaroni, vegetable, enriched, dry  | 1.0 cups spiral shaped     | 39 |
| Noodles, egg, spinach, enriched, cooked   | 1.0 cups                   | 38 |
| Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids                                       | 1.0 cups                   | 38 |
| Soup, pea, green, canned, condensed   | 0.5 cups                   | 38 |
| Soup, pea, split with ham, canned, chunky, ready-to-serve   | 1.0 cups                   | 38 |
| Fish, tuna, skipjack, fresh, cooked, dry heat   | 3.0 oz                     | 37 |
| Cheese, provolone   | 1.0 cups, diced            | 37 |
| Fish, burbot, cooked, dry heat  | 1.0 fillet                 | 37 |
| Okra, frozen, cooked, boiled, drained, without salt   | 0.5 cups slices            | 37 |

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| Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt                                 | 1.0 cups                       | 37 |
| Rowal, raw  | 0.5 cups                       | 36 |
| Cheese, mozzarella, low moisture, part-skim   | 1.0 cups, diced                | 36 |
| Cheese, cheddar (Includes foods for USDA's Food Distribution Program)                                 | 1.0 cups, diced                | 36 |
| Cheese, muenster  | 1.0 cups, diced                | 36 |
| Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D                   | 1.0 cups                       | 35 |
| Chicken, broilers or fryers, dark meat, meat only, cooked,  | 1.0 cups                       | 35 |
| Fish, cod, Atlantic, canned, solids and liquid  | 3.0 oz                         | 35 |
| Candies, 5TH AVENUE Candy Bar   | 1.0 bar 2 oz                   | 35 |
| Pie crust, deep dish, frozen, baked, made with enriched flour   | 1.0 pie crust (average weight) | 34 |
| Wheat flour, white, bread, enriched   | 1.0 cups                       | 34 |
| Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt                        | 1.0 cups, sliced               | 34 |
| Fish, pike, northern, cooked, dry heat  | 3.0 oz                         | 34 |
| Garlic, raw   | 1.0 cups                       | 34 |
| Cheese, parmesan, grated  | 1.0 cups                       | 34 |
| Fish, seatrout, mixed species, cooked, dry heat   | 3.0 oz                         | 34 |
| Pie crust, deep dish, frozen, unbaked, made with enriched flour                                       | 1.0 pie crust (average weight) | 34 |
| Pork, fresh, leg (ham), whole, separable lean only, cooked,   | 1.0 cups, diced                | 34 |
| Noodles, egg, unenriched, cooked, without added salt  | 1.0 cups                       | 34 |
| Snacks, oriental mix, rice-based  | 1.0 oz                         | 33 |
| Blackberries, frozen, unsweetened   | 1.0 cups, unthawed             | 33 |
| Peas, edible-podded, frozen, unprepared   | 1.0 cups                       | 33 |
| Milk, dry, nonfat, regular, without added vitamin A and   | 0.25 cups                      | 33 |
| Milk, buttermilk, dried   | 0.25 cups                      | 33 |
| Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D                         | 1.0 cups                       | 32 |
| Fish, mahimahi, cooked, dry heat  | 3.0 oz                         | 32 |
| Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted | 1.0 slice                      | 32 |
| Squash, summer, zucchini, italian style, canned   | 1.0 cups                       | 32 |
| Milk, producer, fluid, 3.7% milkfat   | 1.0 cups                       | 32 |
| Turnip greens, cooked, boiled, drained, without salt  | 1.0 cups, chopped              | 32 |
| Turkey, drumstick, from whole bird, meat only, raw  | 4.0 oz                         | 32 |
| Fish, pollock, Alaska, cooked   | 3.0 oz                         | 31 |
| Fish, grouper, mixed species, cooked, dry heat  | 3.0 oz                         | 31 |
| Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain  | 0.75 cups (1 NLEA serving)     | 31 |
| Fish, tilapia, raw  | 1.0 fillet                     | 31 |
| Beets, raw  | 1.0 cups                       | 31 |
| Salami, pork, beef, less sodium   | 3.0 oz                         | 31 |
| Loganberries, frozen  | 1.0 cups, unthawed             | 31 |

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| Turkey, all classes, back, meat and skin, cooked, roasted                                      | 1.0 cups, chopped or diced                | 31 |
| Sweet potato, cooked, baked in skin, flesh, with salt  | 1.0 medium (2" dia, 5" long, raw)         | 31 |
| Squash, winter, hubbard, cooked, boiled, mashed, with  | 1.0 cups, mashed                          | 31 |
| Squash, winter, hubbard, cooked, boiled, mashed, without                                       | 1.0 cups, mashed                          | 31 |
| Tomatoes, red, ripe, canned, stewed  | 1.0 cups                                  | 31 |
| Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled                     | 1.0 steak ( yield from 134.9 g raw meat ) | 31 |
| Kiwifruit, green, raw  | 1.0 cups, sliced                          | 31 |
| Cheese food, pasteurized process, American, vitamin D  | 1.0 cups                                  | 31 |
| Papayas, raw   | 1.0 cups 1" pieces                        | 30 |
| Cake, chocolate, prepared from recipe without frosting   | 1.0 piece (1/12 of 9" dia)                | 30 |
| Cheese, mexican, queso chihuahua   | 1.0 cups, diced                           | 30 |
| Biscuits, plain or buttermilk, dry mix   | 1.0 cups, purchased                       | 30 |
| Fish, salmon, coho, wild, cooked, moist heat   | 3.0 oz                                    | 30 |
| Mollusks, oyster, eastern, wild, cooked, moist heat  | 3.0 oz                                    | 30 |
| Fish, swordfish, cooked, dry heat  | 3.0 oz                                    | 30 |
| Turkey, ground, fat free, patties, broiled   | 3.0 oz                                    | 30 |
| Water convolvulus, cooked, boiled, drained, with salt  | 1.0 cups, chopped                         | 29 |
| Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw | 4.0 oz                                    | 29 |
| Purslane, raw  | 1.0 cups                                  | 29 |
| Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal                                    | 0.75 cups (1 NLEA serving)                | 29 |
| Fast foods, croissant, with egg, cheese, and sausage   | 1.0 sandwich                              | 29 |
| Yogurt, plain, low fat   | 1.0 container (6 oz)                      | 29 |
| Fish, salmon, pink, canned, without salt, solids with bone                                     | 3.0 oz                                    | 29 |
| Fish, tuna, white, canned in oil, drained solids   | 3.0 oz                                    | 29 |
| Cereals ready-to-eat, BARBARA'S PUFFINS, original  | 0.75 cups (1 NLEA serving)                | 29 |
| Beverages, almond milk, chocolate, ready-to-drink  | 8.0 fl oz                                 | 29 |
| Beverages, Protein powder soy based  | 1.0 scoop                                 | 29 |
| Candies, NESTLE, BUTTERFINGER Bar  | 1.0 serving 2.1 oz bar                    | 29 |
| Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)               | 1.0 bagel                                 | 29 |
| Cheese, feta   | 1.0 cups, crumbled                        | 28 |
| Puddings, chocolate, dry mix, regular, prepared with   | 0.5 cups                                  | 28 |
| Boysenberries, canned, heavy syrup   | 1.0 cups                                  | 28 |
| Soup, chicken noodle, dry, mix   | 1.0 packet                                | 28 |
| Broccoli, frozen, chopped, unprepared  | 1.0 cups                                  | 28 |
| Snacks, tortilla chips, low fat, made with olestra, nacho                                      | 1.0 oz                                    | 28 |
| Fish, mackerel, spanish, raw   | 3.0 oz                                    | 28 |

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| Mollusks, oyster, eastern, farmed, raw  | 3.0 oz                     | 28 |
| Fish, lingcod, cooked, dry heat   | 3.0 oz                     | 28 |
| Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed                                     | 1.0 cups, chopped or diced | 28 |
| Fish, flatfish (flounder and sole species), cooked, dry heat  | 1.0 fillet                 | 28 |
| Vegetable juice cocktail, canned  | 1.0 cups                   | 28 |
| Collards, frozen, chopped, unprepared   | 0.33 package (10 oz)       | 28 |
| Wheat flour, white, all-purpose, unenriched   | 1.0 cups                   | 28 |
| Apricots, dried, sulfured, stewed, without added sugar  | 1.0 cups, halves           | 28 |
| Wheat flour, white, all-purpose, enriched, calcium-   | 1.0 cups                   | 28 |
| Snacks, tortilla chips, nacho-flavor, reduced fat   | 1.0 oz                     | 27 |
| Orange juice, chilled, includes from concentrate, with  | 1.0 cups                   | 27 |
| Grapefruit, sections, canned, juice pack, solids and liquids  | 1.0 cups                   | 27 |
| Orange juice, chilled, includes from concentrate, with added calcium and vitamin D                        | 1.0 cups                   | 27 |
| Fish, herring, Pacific, raw   | 3.0 oz                     | 27 |
| Fish, salmon, pink, canned, drained solids  | 3.0 oz                     | 27 |
| Turkey, whole, breast, meat only, cooked, roasted   | 3.0 oz                     | 27 |
| Yogurt, fruit, low fat, 11g protein/8 oz  | 1.0 container (6 oz)       | 27 |
| Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                     | 4.0 oz                     | 27 |
| Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 4.0 oz                     | 27 |
| Currants, european black, raw   | 1.0 cups                   | 27 |
| Tomato juice, canned, without salt added  | 1.0 cups                   | 27 |
| Tomato juice, canned, with salt added   | 1.0 cups                   | 27 |
| Beet greens, raw  | 1.0 cups                   | 27 |
| Fast foods, croissant, with egg, cheese, and ham  | 1.0 item                   | 26 |
| Fish, grouper, mixed species, raw   | 3.0 oz                     | 26 |
| Nuts, coconut meat, dried (desiccated), toasted   | 1.0 oz                     | 26 |
| Pork, fresh, enhanced, loin, tenderloin, separable lean   | 4.0 oz                     | 26 |
| Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw                           | 4.0 oz                     | 26 |
| Beans, snap, green, frozen, cooked, boiled, drained   | 1.0 cups                   | 26 |
| Nuts, coconut meat, dried (desiccated), not sweetened   | 1.0 oz                     | 26 |
| Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled        | 3.0 oz                     | 26 |
| Fish, wolffish, Atlantic, raw   | 3.0 oz                     | 26 |
| Turkey from whole, light meat, meat only, with added solution, cooked, roasted                            | 3.0 oz                     | 26 |
| Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered                 | 3.0 oz                     | 26 |
| Mollusks, octopus, common, raw  | 3.0 oz                     | 26 |
| Macaroni, vegetable, enriched, cooked   | 1.0 cups spiral shaped     | 25 |
| Beverages, Meal supplement drink, canned, peanut flavor   | 1.0 cups                   | 25 |
| Fast foods, english muffin, with egg, cheese, and canadian  | 1.0 sandwich               | 25 |

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| Soup, beef and vegetables, canned, ready-to-serve   | 1.0 cups   | 25 |
| Grapefruit juice, white, canned, sweetened  | 1.0 cups   | 25 |
| Potatoes, baked, skin, without salt   | 1.0 skin   | 25 |
| Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw                                  | 4.0 oz   | 25 |
| Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw                                  | 4.0 oz   | 25 |
| Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                      | 4.0 oz   | 25 |
| Chicken, broilers or fryers, back, meat only, raw   | 4.0 oz   | 25 |
| Figs, canned, water pack, solids and liquids  | 1.0 cups   | 25 |
| Cheese, ricotta, whole milk   | 0.5 cups   | 25 |
| Snacks, tortilla chips, ranch-flavor  | 1.0 oz   | 25 |
| Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles  | 3.0 oz   | 25 |
| Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 3.0 oz   | 25 |
| Crackers, wheat, regular  | 16.0 crackers 1 serving                          | 24 |
| Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution       | 1.0 cups   | 24 |
| Grapefruit, sections, canned, water pack, solids and  | 1.0 cups   | 24 |
| Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted   | 1.0 cups, diced                                  | 24 |
| Asparagus, canned, drained solids   | 1.0 cups   | 24 |
| Rice, white, medium-grain, cooked, unenriched   | 1.0 cups   | 24 |
| Snacks, granola bars, soft, uncoated, peanut butter   | 1.0 bar (1 oz)                                   | 24 |
| Fast foods, biscuit, with egg and bacon   | 1.0 biscuit                                      | 24 |
| Bread, whole-wheat, commercially prepared   | 1.0 slice  | 24 |
| Tomatoes, red, ripe, canned, packed in tomato juice   | 1.0 cups   | 24 |
| Carissa, (natal-plum), raw  | 1.0 cups slices                                  | 24 |
| Broccoli, frozen, chopped, cooked, boiled, drained,   | 1.0 cups   | 24 |
| Fish, salmon, chum, cooked, dry heat  | 3.0 oz   | 24 |
| Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled                                     | 1.0 serving ( 3 oz )                             | 24 |
| Oranges, raw, with peel   | 1.0 cups   | 24 |
| Pork, fresh, loin, whole, separable lean and fat, cooked,   | 3.0 oz   | 24 |
| Game meat, elk, round, separable lean only, cooked, broiled   | 1.0 serving ( 3 oz )                             | 24 |
| Mollusks, oyster, eastern, wild, cooked, dry heat   | 3.0 oz   | 24 |
| Chicken, broilers or fryers, light meat, meat only, raw   | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 24 |
| Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw                                  | 4.0 oz   | 24 |
| Chicken, dark meat, thigh, meat only, with added solution,  | 4.0 oz   | 24 |
| Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw                          | 4.0 oz   | 24 |
| Spinach, raw  | 1.0 cups   | 24 |



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| Chocolate-flavored hazelnut spread  | 1.0 serving 2 TBSP                        | 24 |
| Sweet potato, canned, syrup pack, drained solids  | 1.0 cups                                  | 24 |
| Peas, edible-podded, raw  | 1.0 cups, chopped                         | 24 |
| Tangerines, (mandarin oranges), raw   | 1.0 cups, sections                        | 23 |
| Fish, cod, Pacific, raw (may have been previously frozen)   | 1.0 fillet                                | 23 |
| Pokeberry shoots, (poke), cooked, boiled, drained,  | 1.0 cups                                  | 23 |
| Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added                      | 1.0 cups                                  | 23 |
| Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled                                    | 1.0 serving ( 3 oz )                      | 23 |
| Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled                                 | 3.0 oz                                    | 23 |
| Pork, ground, 96% lean / 4% fat, cooked, crumbles   | 3.0 oz grilled patties                    | 23 |
| Turkey, whole, dark meat, meat and skin, cooked, roasted  | 3.0 oz                                    | 23 |
| Game meat, elk, ground, cooked, pan-broiled   | 1.0 patty ( yield from 104.1 g raw meat ) | 23 |
| Frozen novelties, No Sugar Added, FUDGSICLE pops  | 1.0 serving                               | 23 |
| MORI-NU, Tofu, silken, firm   | 1.0 slice                                 | 23 |
| Pork, fresh, leg (ham), whole, separable lean and fat, raw  | 4.0 oz                                    | 23 |
| Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw                                 | 4.0 oz                                    | 23 |
| Cheese, mozzarella, whole milk  | 1.0 cups, shredded                        | 22 |
| Cherries, sweet, canned, water pack, solids and liquids   | 1.0 cups, pitted                          | 22 |
| Turnip greens, frozen, unprepared   | 0.5 cups, chopped or diced                | 22 |
| Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked,  | 3.0 oz                                    | 22 |
| Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled                         | 3.0 oz                                    | 22 |
| Yogurt, fruit, low fat,9 g protein/8 oz   | 1.0 container (6 oz)                      | 22 |
| Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised                                      | 1.0 serving ( 3 oz )                      | 22 |
| Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted                              | 3.0 oz                                    | 22 |
| Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled  | 1.0 serving ( 3 oz )                      | 22 |
| Noodles, egg, dry, unenriched   | 1.0 cups                                  | 22 |
| Cheese, American, nonfat or fat free  | 1.0 serving                               | 22 |
| Turnips, frozen, cooked, boiled, drained, without salt  | 1.0 cups                                  | 22 |
| Squash, winter, butternut, frozen, cooked, boiled, without  | 1.0 cups, mashed                          | 22 |
| Pork, ground, 96% lean / 4% fat, raw  | 4.0 oz                                    | 21 |
| Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 4.0 oz                                    | 21 |
| Turnip greens, frozen, cooked, boiled, drained, with salt   | 0.5 cups                                  | 21 |

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| Fish, trout, rainbow, farmed, cooked, dry heat   | 1.0 fillet                    | 21 |
| Pork, Leg sirloin tip roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                            | 3.0 oz                        | 21 |
| Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled  | 3.0 oz                        | 21 |
| Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled   | 3.0 oz                        | 21 |
| Chicken, broilers or fryers, meat and skin, cooked, fried, broiled   | 3.0 oz                        | 21 |
| Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted  | 3.0 oz                        | 21 |
| Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled                                   | 3.0 oz                        | 21 |
| Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted                          | 3.0 oz                        | 21 |
| Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised   | 3.0 oz                        | 21 |
| Veal, shank (fore and hind), separable lean and fat, choice, cooked, braised   | 3.0 oz                        | 21 |
| Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, broiled           | 3.0 oz                        | 21 |
| Boysenberries, frozen, unsweetened   | 1.0 cups, unthawed            | 21 |
| Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies   | 1.0 package (1.69 oz)         | 21 |
| Fast Foods, biscuit, with egg and sausage  | 1.0 item                      | 21 |
| Grapefruit, raw, white, Florida  | 1.0 cups sections, with juice | 21 |
| Grapefruit, raw, pink and red, all areas   | 1.0 cups sections, with juice | 21 |
| Guinea hen, meat only, raw   | 3.0 oz                        | 20 |
| Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised  | 3.0 oz                        | 20 |
| Pork, cured, ham, rump, bone-in, separable lean only, choice, cooked, broiled  | 3.0 oz                        | 20 |
| Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled  | 3.0 oz                        | 20 |
| Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted   | 3.0 oz                        | 20 |
| Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled   | 3.0 oz                        | 20 |
| Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled  | 3.0 oz                        | 20 |
| Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 3.0 oz                        | 20 |
| Yogurt, plain, whole milk  | 1.0 container (6 oz)          | 20 |
| Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled   | 3.0 oz                        | 20 |
| Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled  | 3.0 oz                        | 20 |
| Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw                                 | 4.0 oz                        | 20 |

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| Brussels sprouts, raw   | 1.0 cups   | 20 |
| Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat   | 1.0 cups (1 NLEA serving)                        | 20 |
| Snacks, potato chips, fat free, salted  | 1.0 oz   | 20 |
| Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed   | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 20 |
| Snacks, potato chips, fat-free, made with olestra   | 1.0 oz   | 20 |
| Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 3.0 oz   | 20 |
| Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted                                | 3.0 oz   | 20 |
| Turkey, all classes, leg, meat and skin, cooked, roasted  | 3.0 oz   | 20 |
| Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                         | 3.0 oz   | 20 |
| Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked,              | 3.0 oz   | 20 |
| Chicken, broilers or fryers, leg, meat and skin, cooked,  | 3.0 oz   | 20 |
| Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised                  | 3.0 oz   | 20 |
| Lime juice, raw   | 1.0 cups   | 19 |
| Game meat, bison, ground, cooked, pan-broiled   | 1.0 patty ( yield from 112.7 g raw meat )        | 19 |
| Blueberries, wild, canned, heavy syrup, drained   | 1.0 cups   | 19 |
| Litchis, raw  | 1.0 cups   | 19 |
| Cress, garden, raw  | 1.0 cups   | 19 |
| Rice, white, long-grain, regular, cooked, unenriched, with  | 1.0 cups   | 19 |
| Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled                   | 3.0 oz   | 19 |
| Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted                               | 3.0 oz   | 19 |
| Veal, breast, whole, boneless, separable lean only,   | 3.0 oz   | 19 |
| Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised             | 3.0 oz   | 19 |
| Squab, (pigeon), meat and skin, raw   | 3.0 oz   | 19 |
| Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt  | 1.0 cups, shredded                               | 19 |
| Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt   | 1.0 cups, shredded                               | 19 |
| Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled                             | 3.0 oz   | 19 |
| Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                      | 3.0 oz   | 19 |
| Pork, cured, ham, rump, bone-in, separable lean and fat,  | 3.0 oz   | 19 |
| Beef, ground, 90% lean meat / 10% fat, patty, cooked,   | 3.0 oz   | 19 |
| Pork, cured, ham, shank, bone-in, separable lean only,  | 3.0 oz   | 19 |
| Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised                        | 3.0 oz   | 19 |

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| Cheese, ricotta, part skim milk   | 0.5 cups                             | 19 |
| Bread, protein (includes gluten)  | 1.0 oz                               | 18 |
| Snacks, potato sticks   | 1.0 oz                               | 18 |
| Apricots, canned, heavy syrup pack, with skin, solids and   | 1.0 cups, halves                     | 18 |
| Celery, cooked, boiled, drained, without salt   | 1.0 cups, diced                      | 18 |
| Oranges, raw, California, valencias   | 1.0 cups sections, without membranes | 18 |
| Asparagus, frozen, cooked, boiled, drained, without salt  | 1.0 cups                             | 18 |
| Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt                          | 1.0 cups                             | 18 |
| Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt                             | 1.0 cups                             | 18 |
| Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter                            | 3.0 oz                               | 18 |
| Turkey, retail parts, thigh, meat and skin, cooked, roasted   | 3.0 oz                               | 18 |
| Fish, haddock, raw  | 3.0 oz                               | 18 |
| Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled     | 3.0 oz                               | 18 |
| Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised        | 3.0 oz                               | 18 |
| Pomegranate juice, bottled  | 1.0 cups                             | 17 |
| Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar  | 1.0 serving 2.13 oz bar              | 17 |
| Fish, trout, mixed species, cooked, dry heat  | 1.0 fillet                           | 17 |
| Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt                                       | 1.0 leek                             | 17 |
| Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt   | 1.0 cups                             | 17 |
| Potatoes, flesh and skin, raw   | 0.5 cups, diced                      | 17 |
| Beverages, V8 V-FUSION Juices, Peach Mango  | 1.0 serving 8 oz                     | 17 |
| CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup  | 1.0 cups                             | 17 |
| Milk, dry, nonfat, calcium reduced  | 1.0 oz                               | 17 |
| Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled           | 3.0 oz                               | 17 |
| Pork, cured, ham, shank, bone-in, separable lean and fat,   | 3.0 oz                               | 17 |
| Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted           | 3.0 oz                               | 17 |
| Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                                   | 3.0 oz                               | 17 |
| Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked,        | 3.0 oz                               | 17 |
| Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled               | 3.0 oz                               | 17 |
| Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, | 3.0 oz                               | 17 |
| Veal, breast, whole, boneless, separable lean and fat, cooked, braised  | 3.0 oz                               | 17 |
| Puddings, chocolate, ready-to-eat, fat free   | 1.0 serving 4 oz                     | 17 |

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| Soup, tomato, canned, condensed, reduced sodium   | 1.0 serving 1/2 cups                  | 17 |
| Cookies, chocolate sandwich, with creme filling, regular  | 3.0 cookie                            | 17 |
| Beverages, almond milk, sweetened, vanilla flavor, ready-   | 8.0 fl oz                             | 17 |
| Onions, frozen, whole, cooked, boiled, drained, without   | 1.0 cups                              | 17 |
| Nabisco, Nabisco Grahams Crackers   | 1.0 serving                           | 17 |
| Corn, sweet, yellow, canned, drained solids, rinsed with tap water  | 1.0 cups drained, rinsed              | 16 |
| Mangos, raw   | 1.0 cups pieces                       | 16 |
| Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN   | 0.75 cups (1 NLEA serving)            | 16 |
| Nuts, chestnuts, chinese, boiled and steamed  | 1.0 oz                                | 16 |
| Snacks, potato chips, barbecue-flavor   | 1.0 oz                                | 16 |
| Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled   | 1.0 steak                             | 16 |
| Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed   | 3.0 oz                                | 16 |
| Onions, raw   | 1.0 cups, chopped                     | 16 |
| Noodles, japanese, somen, dry   | 2.0 oz                                | 16 |
| Cheese, cottage, nonfat, uncreamed, dry, large or small curd  | 1.0 cups (not packed)                 | 16 |
| Balsam-pear (bitter gourd), pods, raw   | 1.0 cups (1/2" pieces)                | 16 |
| Mushrooms, portabella, grilled  | 1.0 cups sliced                       | 16 |
| Potatoes, boiled, cooked without skin, flesh, with salt   | 0.5 cups                              | 16 |
| Bread, pita, white, enriched  | 1.0 pita, large (6-1/2" dia)          | 16 |
| Potatoes, boiled, cooked without skin, flesh, without salt  | 0.5 cups                              | 16 |
| Candies, fudge, chocolate, with nuts, prepared-from-  | 1.0 oz                                | 16 |
| Cowpeas, leafy tips, raw  | 1.0 cups, chopped                     | 15 |
| Carrots, raw  | 1.0 cups chopped                      | 15 |
| Apricots, canned, heavy syrup, drained  | 1.0 cups, halves                      | 15 |
| Pork sausage, link/patty, reduced fat, unprepared   | 3.0 oz                                | 15 |
| Chicken, broiler, rotisserie, BBQ, back meat only   | 3.0 oz                                | 15 |
| Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted                        | 3.0 oz                                | 15 |
| Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" | 3.0 oz                                | 15 |
| Candies, HERSHEY'S, ALMOND JOY BITES  | 18.0 pieces                           | 15 |
| Cherries, sweet, raw  | 1.0 cups, with pits, yields           | 15 |
| Cherries, sour, red, canned, light syrup pack, solids and   | 1.0 cups                              | 15 |
| Bread, pan dulce, sweet yeast bread   | 1.0 slice (average weight of 1 slice) | 15 |
| Persimmons, japanese, raw   | 1.0 fruit (2-1/2" dia)                | 15 |
| Crackers, rye, wafers, seasoned   | 0.5 oz                                | 15 |
| Cookies, chocolate wafers   | 1.0 oz                                | 15 |
| Snacks, potato chips, made from dried potatoes, cheese-   | 1.0 oz                                | 15 |

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| Cookies, brownies, prepared from recipe  | 1.0 oz   | 15 |
| Gooseberries, raw  | 1.0 cups   | 15 |
| POPEYES, Spicy Chicken Strips, analyzed 2006   | 1.0 strip  | 15 |
| Cookies, molasses  | 1.0 oz   | 15 |
| Bread, cracked-wheat   | 1.0 oz   | 15 |
| Grapes, canned, thompson seedless, water pack, solids  | 1.0 cups   | 15 |
| Milk substitutes, fluid, with lauric acid oil  | 1.0 cups   | 15 |
| Lemon juice, raw   | 1.0 cups   | 15 |
| Currants, red and white, raw   | 1.0 cups   | 15 |
| Mountain yam, hawaii, cooked, steamed, without salt  | 1.0 cups, cubes                                  | 14 |
| Fish, scup, cooked, dry heat   | 1.0 fillet                                       | 14 |
| Cereals, CREAM OF WHEAT, instant, prepared with water, without salt  | 1.0 cups   | 14 |
| Cookies, peanut butter sandwich, special dietary   | 1.0 oz   | 14 |
| Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 3.0 oz   | 14 |
| Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled     | 3.0 oz   | 14 |
| Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil                 | 3.0 oz (3 oz)                                    | 14 |
| Cereals ready-to-eat, POST, Honeycomb Cereal   | 1.0 cups (1 NLEA serving)                        | 14 |
| Sausage, pork and turkey, pre-cooked   | 1.0 serving                                      | 14 |
| POPEYES, Mild Chicken Strips, analyzed 2006  | 1.0 strip  | 14 |
| Chicken, broilers or fryers, leg, meat only, cooked, fried   | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 14 |
| Sausage, turkey, hot, smoked   | 2.0 oz   | 14 |
| Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)                 | 1.0 cups, unthawed                               | 14 |
| Cookies, peanut butter sandwich, regular   | 1.0 oz   | 14 |
| Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches   | 0.75 cups (1 NLEA serving)                       | 14 |
| Snacks, potato chips, made from dried potatoes, fat-free, made with olestra                                    | 1.0 oz   | 14 |
| Snacks, rice cakes, brown rice, buckwheat  | 1.0 cake   | 14 |
| Fish, ocean perch, Atlantic, cooked, dry heat  | 1.0 fillet                                       | 14 |
| Snacks, crisped rice bar, chocolate chip   | 1.0 bar (1 oz)                                   | 13 |
| Fish, cisco, raw   | 1.0 fillet                                       | 13 |
| Onions, sweet, raw   | 1.0 NLEA serving                                 | 13 |
| Carambola, (starfruit), raw  | 1.0 cups, cubes                                  | 13 |
| Chicory roots, raw   | 1.0 root   | 13 |
| Peaches, canned, extra heavy syrup pack, solids and liquids  | 1.0 cups, halves or slices                       | 13 |
| Cauliflower, green, raw  | 1.0 cups   | 13 |
| Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked,           | 3.0 oz   | 13 |
| Asparagus, cooked, boiled, drained   | 0.5 cups   | 13 |
| Soup, chicken with rice, canned, condensed   | 0.5 cups   | 13 |

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| Peaches, canned, light syrup pack, solids and liquids  | 1.0 cups, halves or slices   | 13 |
| Bread, stuffing, cornbread, dry mix  | 1.0 oz                       | 12 |
| Cookies, peanut butter, commercially prepared, regular   | 1.0 oz                       | 12 |
| Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 1.0 cups                     | 12 |
| Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate                             | 1.0 fl oz                    | 12 |
| Snacks, rice cakes, brown rice, multigrain   | 1.0 cake                     | 12 |
| Hormel Pillow Pak Sliced Turkey Pepperoni  | 1.0 serving                  | 12 |
| Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids   | 1.0 cups                     | 12 |
| Peaches, canned, water pack, solids and liquids  | 1.0 cups, halves or slices   | 12 |
| Bread, reduced-calorie, wheat  | 1.0 oz                       | 12 |
| Kale, frozen, unprepared   | 1.0 cups                     | 12 |
| Bread, wheat   | 1.0 slice                    | 12 |
| Sausage, chicken, beef, pork, skinless, smoked   | 1.0 link                     | 12 |
| Carrots, canned, regular pack, drained solids  | 1.0 cups, sliced             | 12 |
| Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt                    | 1.0 cups                     | 12 |
| Muffins, English, mixed-grain (includes granola)   | 1.0 oz                       | 12 |
| Bread, oatmeal, toasted  | 1.0 oz                       | 12 |
| Radishes, raw  | 1.0 cups slices              | 12 |
| Cereals, MALT-O-MEAL, chocolate, dry   | 3.0 tbsp (1 NLEA serving)    | 12 |
| Focaccia, Italian flatbread, plain   | 1.0 piece                    | 11 |
| Frankfurter, pork  | 1.0 link                     | 11 |
| Bread, stuffing, dry mix   | 1.0 oz                       | 11 |
| Bread, rye   | 1.0 oz                       | 11 |
| Cream puff, eclair, custard or cream filled, iced  | 4.0 oz                       | 11 |
| Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw                | 4.0 oz                       | 11 |
| Fish, herring, Atlantic, pickled   | 1.0 cups                     | 11 |
| Carrots, canned, no salt added, solids and liquids   | 0.5 cups slices              | 11 |
| Mollusks, oyster, Pacific, raw   | 1.0 medium                   | 11 |
| Asparagus, canned, regular pack, solids and liquids  | 0.5 cups                     | 11 |
| Crackers, cheese, sandwich-type with cheese filling  | 6.0 cracker 1 cracker = 6.5g | 11 |
| Cookies, chocolate chip, commercially prepared, regular, lower fat   | 1.0 serving 3 cookies        | 11 |
| Figs, raw  | 1.0 large (2-1/2" dia)       | 11 |
| Sausage, turkey, fresh, raw  | 1.0 serving                  | 11 |
| Candies, NESTLE, 100 GRAND Bar   | 1.0 bar (1.5 oz)             | 11 |
| Beerwurst, beer salami, pork and beef  | 2.0 oz                       | 11 |
| Beerwurst, pork and beef   | 1.0 serving 2 oz             | 11 |
| Fish, mackerel, jack, canned, drained solids   | 1.0 oz, boneless             | 10 |

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| Pie, Dutch Apple, Commercially Prepared   | 0.12 pie 1 pie (1/8 of 9" pie) | 10 |
| Bread, pound cake type, pan de torta salvadoran   | 1.0 serving                    | 10 |
| Candies, MOUNDS Candy Bar   | 1.0 bar snack size             | 10 |
| Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased | 10.0 strips                    | 10 |
| Cereals, CREAM OF RICE, dry   | 0.25 cups (1 NLEA serving)     | 10 |
| Tortillas, ready-to-bake or -fry, flour, shelf stable                                   | 1.0 tortilla                   | 10 |
| Pastrami, beef, 98% fat-free  | 1.0 serving 6 slices           | 10 |
| Snacks, rice cakes, brown rice, corn  | 1.0 cake                       | 10 |
| Cookies, chocolate sandwich, with extra creme filling                                   | 1.0 oz                         | 10 |
| Pork, fresh, variety meats and by-products, brain, cooked,                              | 3.0 oz                         | 10 |
| Cheese, cottage, lowfat, 2% milkfat   | 4.0 oz                         | 10 |
| Sausage, Italian, sweet, links  | 1.0 link 3 oz                  | 10 |
| Pears, canned, light syrup pack, solids and liquids                                     | 1.0 cups, halves               | 10 |
| Tamarind nectar, canned   | 1.0 cups                       | 10 |
| Sausage, pork and beef, with cheddar cheese, smoked                                     | 12.0 oz serving 2.7 oz         | 10 |
| Milk, canned, condensed, sweetened  | 1.0 fl oz                      | 10 |
| Bread, oat bran   | 1.0 oz                         | 10 |
| Garlic bread, frozen  | 1.0 slice presliced            | 10 |
| Cabbage, chinese (pe-tsai), raw   | 1.0 cups, shredded             | 10 |
| Biscuits, plain or buttermilk, refrigerated dough, higher fat                           | 1.0 biscuit                    | 10 |
| Pears, raw  | 1.0 cups, slices               | 10 |
| Crackers, saltines, whole wheat (includes multi-grain)                                  | 1.0 serving                    | 10 |
| Soup, cream of shrimp, canned, prepared with equal                                      | 1.0 cups                       | 10 |
| Cookies, oatmeal, with raisins  | 1.0 oz                         | 10 |
| Turkey, white, rotisserie, deli cut   | 1.0 oz (1 serving)             | 10 |
| Bologna, pork and turkey, lite  | 1.0 serving 2 oz               | 10 |
| Onions, frozen, whole, unprepared   | 0.33 package (10 oz)           | 10 |
| Cookies, oatmeal, commercially prepared, regular  | 1.0 oz                         | 9  |
| Bratwurst, pork, beef and turkey, lite, smoked  | 1.0 serving 2.33 oz            | 9  |
| Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA | 5.0 fl oz                      | 9  |
| Peppers, pasilla, dried   | 1.0 pepper                     | 9  |
| Cookies, peanut butter, commercially prepared, soft-type                                | 1.0 oz                         | 9  |
| Cookies, oatmeal, refrigerated dough, baked   | 1.0 oz                         | 9  |
| Fish, herring, Atlantic, raw  | 1.0 oz, boneless               | 9  |
| Cheese, cottage, creamed, large or small curd   | 4.0 oz                         | 9  |
| Puddings, rice, ready-to-eat  | 1.0 serving 4 oz pudding cups  | 9  |
| Chicken, skin (drumsticks and thighs), raw  | 4.0 oz                         | 9  |



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| Cereals ready-to-eat, POST, COCOA PEBBLES  | 0.75 cups (1 NLEA serving)                       | 9 |
| Chicken, broilers or fryers, back, meat and skin, raw  | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 9 |
| Broccoli raab, raw   | 1.0 cups chopped                                 | 9 |
| Bread, french or vienna, toasted (includes sourdough)  | 1.0 oz   | 9 |
| Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs                                      | 1.0 muffin                                       | 9 |
| Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D   | 1.0 fl oz  | 9 |
| Biscuits, mixed grain, refrigerated dough  | 1.0 oz   | 9 |
| Snacks, pretzels, hard, whole-wheat including both salted and unsalted   | 1.0 oz   | 9 |
| Cream, fluid, light whipping   | 1.0 cups, whipped                                | 8 |
| POPEYES, Coleslaw  | 1.0 package                                      | 8 |
| Cream, fluid, heavy whipping   | 1.0 cups, whipped                                | 8 |
| Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes  | 0.75 cups (1 NLEA serving)                       | 8 |
| Mountain yam, hawaii, raw  | 0.5 cups, cubes                                  | 8 |
| Cake, yellow, prepared from recipe without frosting  | 1.0 piece (1/12 of 8" dia)                       | 8 |
| Bread, cheese  | 1.0 slice  | 8 |
| Bagels, oat bran   | 1.0 mini bagel (2-1/2" dia)                      | 8 |
| Dessert topping, powdered, 1.5 ounce prepared with 1/2   | 1.0 cups   | 8 |
| Snacks, corn-based, extruded, onion-flavor   | 1.0 oz   | 8 |
| Cookies, oatmeal, refrigerated dough   | 1.0 oz   | 8 |
| Cookies, chocolate chip, refrigerated dough  | 1.0 serving                                      | 8 |
| Cheese, cottage, creamed, with fruit   | 4.0 oz   | 8 |
| Kanpyo, (dried gourd strips)   | 1.0 strip  | 8 |
| Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% | 2.0 oz 1 NLEA serving                            | 8 |
| Crackers, standard snack-type, sandwich, with peanut   | 0.5 oz   | 8 |
| Frankfurter, meat  | 1.0 serving (1 hot dog)                          | 8 |
| POPEYES, biscuit   | 1.0 biscuit                                      | 8 |
| Crackers, cream, Gamesa Sabrosas   | 11.0 crackers (1 NLEA serving)                   | 8 |
| Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)                              | 0.5 cups slices                                  | 8 |
| Crackers, wheat, sandwich, with cheese filling   | 0.5 oz   | 8 |
| Popcorn, sugar syrup/caramel, fat-free   | 1.0 oz   | 8 |
| Cookies, fig bars  | 1.0 oz   | 8 |
| Milk, canned, evaporated, with added vitamin D and without added vitamin A                                     | 1.0 fl oz  | 8 |
| Soup, cream of celery, canned, prepared with equal   | 1.0 cups   | 7 |
| Spices, mustard seed, ground   | 1.0 tsp  | 7 |

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| Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids | 0.5 cups              | 7 |
| Applesauce, canned, sweetened, without salt  | 1.0 cups              | 7 |
| Cheese, pasteurized process, American, fortified with  | 1.0 oz                | 7 |
| Bread, white, commercially prepared, toasted   | 1.0 oz                | 7 |
| Cookies, chocolate sandwich, with creme filling, special   | 1.0 oz                | 7 |
| Fish, roe, mixed species, cooked, dry heat   | 1.0 oz                | 7 |
| Soup, chicken, canned, chunky, ready-to-serve  | 1.0 cups              | 7 |
| Cereals, CREAM OF RICE, cooked with water, with salt   | 1.0 cups              | 7 |
| Bread, white wheat   | 1.0 slice             | 7 |
| Frostings, coconut-nut, ready-to-eat   | 0.08 package          | 7 |
| Beverages, Energy drink, ROCKSTAR, sugar free  | 8.0 fl oz             | 7 |
| Beverages, Energy drink, AMP, sugar free   | 8.0 fl oz             | 7 |
| Muffin, blueberry, commercially prepared, low-fat  | 1.0 muffin small      | 7 |
| Bread, cornbread, prepared from recipe, made with low fat (2%) milk  | 1.0 oz                | 7 |
| Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw       | 1.0 oz                | 7 |
| Puddings, banana, dry mix, regular, with added oil   | 1.0 package (3.12 oz) | 7 |
| Mushrooms, Chanterelle, raw  | 1.0 cups              | 7 |
| Kale, raw  | 1.0 cups              | 7 |
| Cracker, meal  | 1.0 oz                | 7 |
| Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw                             | 1.0 oz                | 7 |
| Bread, reduced-calorie, oatmeal  | 1.0 oz                | 7 |
| Croissants, cheese   | 1.0 oz                | 7 |
| Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw   | 1.0 oz                | 7 |
| Pork, fresh, variety meats and by-products, feet, raw  | 4.0 oz                | 7 |
| Onions, frozen, chopped, unprepared  | 0.33 package (10 oz)  | 7 |
| Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32                              | 2.0 tablespoon        | 7 |
| Liverwurst spread  | 0.25 cups             | 7 |
| Cream, whipped, cream topping, pressurized   | 1.0 cups              | 7 |
| Cheese, blue   | 1.0 oz                | 7 |
| Bread, irish soda, prepared from recipe  | 1.0 oz                | 7 |
| Fish, ocean perch, Atlantic, raw   | 1.0 oz, boneless      | 7 |
| Bread, reduced-calorie, white  | 1.0 oz                | 7 |
| Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw    | 1.0 oz                | 7 |
| Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw   | 1.0 oz                | 7 |
| Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw      | 1.0 oz                | 7 |
| Egg substitute, powder   | 0.35 oz               | 6 |
| Gourd, white-flowered (calabash), raw  | 0.5 cups (1" pieces)  | 6 |

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| Syrups, table blends, pancake, with 2% maple, with added potassium   | 1.0 cups   | 6 |
| Syrups, table blends, pancake  | 1.0 cups   | 6 |
| Soup, beef noodle, canned, condensed   | 0.5 cups   | 6 |
| Spices, turmeric, ground   | 1.0 tsp  | 6 |
| Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw                  | 1.0 oz   | 6 |
| Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw | 1.0 oz   | 6 |
| Salami, Italian, pork  | 1.0 oz   | 6 |
| Ice creams, vanilla, light, no sugar added   | 1.0 serving 1/2 cups                             | 6 |
| Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)                                    | 1.0 pastry                                       | 6 |
| Bread, salvadoran sweet cheese (quesadilla salvadorena)  | 1.0 serving (approximate serving size)           | 6 |
| Egg, whole, raw, fresh   | 1.0 large  | 6 |
| Chicken, broilers or fryers, drumstick, meat only, cooked, fried   | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 6 |
| Egg, whole, cooked, poached  | 1.0 large  | 6 |
| Egg, whole, cooked, fried  | 1.0 large  | 6 |
| Croutons, seasoned   | 0.5 oz   | 6 |
| Veal, shank (fore and hind), separable lean only, raw  | 1.0 oz   | 6 |
| Veal, shank (fore and hind), separable lean and fat, raw   | 1.0 oz   | 6 |
| Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw                                    | 1.0 oz   | 6 |
| Arrowhead, cooked, boiled, drained, without salt   | 1.0 medium                                       | 6 |
| Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted                          | 1.0 mini bagel (2-1/2" dia)                      | 6 |
| Cookies, sugar wafers with creme filling, regular  | 3.0 cookies                                      | 6 |
| Candies, truffles, prepared-from-recipe  | 1.0 piece  | 6 |
| Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw                        | 1.0 oz   | 6 |
| Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw                  | 1.0 oz   | 6 |
| Cheese, camembert  | 1.0 oz   | 6 |
| Sauce, cheese, ready-to-serve  | 0.25 cups  | 6 |
| Cheese, cottage, lowfat, 1% milkfat  | 4.0 oz   | 6 |
| Puddings, tapioca, ready-to-eat, fat free  | 1.0 container refrigerated 4 oz                  | 6 |
| Beverages, coffee, instant, decaffeinated, powder  | 1.0 tsp rounded                                  | 6 |
| Cranberry sauce, canned, sweetened   | 1.0 cups   | 6 |
| Crackers, melba toast, rye (includes pumpernickel)   | 0.5 oz   | 6 |
| Spices, caraway seed   | 1.0 tsp  | 5 |
| Crackers, wheat, sandwich, with peanut butter filling  | 0.5 oz   | 5 |
| Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw                     | 1.0 oz   | 5 |

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| Cake, cherry fudge with chocolate frosting  | 1.0 oz                           | 5 |
| Danish pastry, cinnamon, enriched   | 1.0 oz                           | 5 |
| Chicory, witloof, raw   | 1.0 head                         | 5 |
| Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched                                     | 1.0 cookie                       | 5 |
| Rice noodles, cooked  | 1.0 cups                         | 5 |
| Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping   | 1.0 serving                      | 5 |
| Spices, savory, ground  | 1.0 tsp                          | 5 |
| Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)                       | 1.0 cups slices                  | 5 |
| Crackers, rusk toast  | 0.5 oz                           | 5 |
| Crackers, standard snack-type, sandwich, with cheese  | 0.5 oz                           | 5 |
| Cookies, shortbread, commercially prepared, pecan   | 1.0 oz                           | 5 |
| Fish, flatfish (flounder and sole species), raw   | 1.0 oz, boneless                 | 5 |
| Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, | 1.0 oz                           | 5 |
| Puddings, chocolate, ready-to-eat   | 1.0 oz                           | 5 |
| Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat,  | 1.0 oz                           | 5 |
| Cake, coffeecake, cinnamon with crumb topping, dry mix,   | 1.0 oz                           | 5 |
| Veal, breast, whole, boneless, separable lean and fat, raw  | 1.0 oz                           | 5 |
| Snacks, corn-based, extruded, puffs or twists, cheese-flavor  | 1.0 oz crunchy (about 21 pieces) | 5 |
| Spices, curry powder  | 1.0 tsp                          | 5 |
| Keikitos (muffins), Latino bakery item  | 1.0 piece                        | 5 |
| Bologna, meat and poultry   | 1.0 slice                        | 5 |
| Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw              | 1.0 oz                           | 5 |
| Barbecue loaf, pork, beef   | 1.0 oz                           | 5 |
| Fish, cisco, smoked   | 1.0 oz                           | 5 |
| Pork, fresh, variety meats and by-products, pancreas, raw   | 1.0 oz                           | 5 |
| Biscuits, plain or buttermilk, frozen, baked  | 1.0 oz                           | 5 |
| Cookies, oatmeal, commercially prepared, special dietary  | 1.0 oz                           | 5 |
| Bacon and beef sticks   | 1.0 oz                           | 5 |
| Gravy, beef, canned, ready-to-serve   | 1.0 cups                         | 5 |
| Blueberries, frozen, sweetened  | 1.0 cups, thawed                 | 5 |
| Onions, dehydrated flakes   | 1.0 tbsp                         | 5 |
| Grapes, american type (slip skin), raw  | 1.0 cups                         | 5 |
| Milk shakes, thick chocolate  | 1.0 fl oz                        | 5 |
| Pie, banana cream, prepared from recipe   | 1.0 oz                           | 5 |
| Croissants, butter  | 1.0 oz                           | 5 |
| Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)   | 1.0 oz                           | 5 |
| Cake, shortcake, biscuit-type, prepared from recipe   | 1.0 oz                           | 5 |
| Bamboo shoots, raw  | 1.0 cups (1/2" slices)           | 5 |
| Croutons, plain   | 0.5 oz                           | 4 |
| Ham, honey, smoked, cooked  | 1.0 oz (1 serving)               | 4 |

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| Puddings, vanilla, dry mix, regular, with added oil   | 1.0 package (3.12 oz)   | 4 |
| Apples, raw, without skin   | 1.0 cups slices   | 4 |
| Chicken, gizzard, all classes, cooked, simmered   | 1.0 cups chopped or dice  | 4 |
| Danish pastry, cheese   | 1.0 oz  | 4 |
| Cake, coffeecake, creme-filled with chocolate frosting  | 1.0 oz  | 4 |
| Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" | 1.0 oz  | 4 |
| Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw              | 1.0 oz  | 4 |
| Bologna, chicken, turkey, pork  | 1.0 serving   | 4 |
| Snacks, fruit leather, rolls  | 1.0 large   | 4 |
| Nuts, coconut cream, raw (liquid expressed from grated  | 1.0 tbsp  | 4 |
| Chicken, broilers or fryers, giblets, raw   | 1.0 unit (yield from 1 lb ready-to-cook chicken)                        | 4 |
| Spices, nutmeg, ground  | 1.0 tsp   | 4 |
| Cake, angelfood, dry mix, prepared  | 1.0 piece (1/12 of 10" dia)   | 4 |
| Cookies, vanilla sandwich with creme filling  | 1.0 oz  | 4 |
| Cookies, shortbread, commercially prepared, plain   | 1.0 oz  | 4 |
| Bologna, pork, turkey and beef  | 1.0 oz  | 4 |
| Cereals, CREAM OF WHEAT, instant, dry   | 1.0 tbsp  | 4 |
| Spices, ginger, ground  | 1.0 tsp   | 4 |
| Soup, cream of mushroom, canned, condensed  | 0.5 cups  | 4 |
| Chicken breast, oven-roasted, fat-free, sliced  | 1.0 serving 2 slices  | 4 |
| Soup, chicken gumbo, canned, condensed  | 0.5 cups (4 fl oz)  | 4 |
| Endive, raw   | 0.5 cups, chopped   | 4 |
| Chicken, broilers or fryers, wing, meat only, raw   | 1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken) | 4 |
| Croissants, apple   | 1.0 oz  | 4 |
| Bread, stuffing, cornbread, dry mix, prepared   | 1.0 oz  | 4 |
| Cookies, sugar, commercially prepared, regular (includes  | 1.0 oz  | 4 |
| Egg, white, raw, fresh  | 1.0 large   | 4 |
| Spices, anise seed  | 1.0 tsp, whole  | 4 |
| Tree fern, cooked, without salt   | 0.5 cups, chopped   | 4 |
| Crackers, cheese, regular   | 0.5 oz  | 4 |
| Noodles, japanese, somen, cooked  | 1.0 cups  | 4 |
| Cereals ready-to-eat, rice, puffed, fortified   | 1.0 cups  | 4 |
| Puddings, lemon, dry mix, regular, with added oil, potassium, sodium  | 1.0 package (3 oz)  | 3 |
| Cake, angelfood, commercially prepared  | 1.0 piece (1/12 of 12 oz cake)  | 3 |
| Nuts, coconut cream, canned, sweetened  | 1.0 tbsp  | 3 |

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| Cake, cheesecake, commercially prepared  | 1.0 oz               | 3 |
| Braunschweiger (a liver sausage), pork   | 1.0 oz               | 3 |
| Cake, sponge, commercially prepared  | 1.0 oz               | 3 |
| Cream, fluid, half and half  | 1.0 fl oz            | 3 |
| Dessert topping, powdered  | 1.0 oz               | 3 |
| Pork sausage, link/patty, fully cooked, unheated   | 1.0 link             | 3 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA                   | 1.0 scoop            | 3 |
| Alcoholic beverage, wine, table, white   | 1.0 fl oz            | 3 |
| Alcoholic beverage, wine, table, white, Chardonnay   | 1.0 fl oz            | 3 |
| Crackers, standard snack-type, regular   | 5.0 crackers         | 3 |
| Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS  | 1.0 serving          | 3 |
| Pie, fried pies, fruit   | 1.0 oz               | 3 |
| Veal, breast, separable fat, cooked  | 1.0 oz               | 3 |
| Cheese, neufchatel   | 1.0 oz               | 3 |
| Cake, white, dry mix, special dietary (includes lemon-   | 1.0 oz               | 3 |
| Egg, yolk, raw, frozen, sugared, pasteurized   | 1.0 oz               | 3 |
| Spices, mace, ground   | 1.0 tsp              | 3 |
| Cream, fluid, light (coffee cream or table cream)  | 1.0 fl oz            | 3 |
| Soup, cream of chicken, canned, condensed, reduced   | 0.5 cups             | 2 |
| Soup, onion, canned, condensed   | 0.5 cups (4 fl oz)   | 2 |
| Papaya, canned, heavy syrup, drained   | 1.0 piece            | 2 |
| Cake, snack cakes, creme-filled, sponge  | 1.0 oz               | 2 |
| Pie, cherry, commercially prepared   | 1.0 oz               | 2 |
| Soup, chicken broth or bouillon, dry   | 1.0 cube             | 2 |
| Spices, thyme, dried   | 1.0 tsp, leaves      | 2 |
| Alcoholic beverage, tequila sunrise, canned  | 1.0 fl oz            | 2 |
| Gravy, brown instant, dry  | 1.0 serving          | 2 |
| Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed            | 1.0 fl oz            | 2 |
| Infant formula, GERBER, GOOD START 2 Soy, with iron,   | 1.0 fl oz            | 2 |
| Spices, tarragon, dried  | 1.0 tsp, leaves      | 2 |
| Spices, marjoram, dried  | 1.0 tsp              | 2 |
| Alcoholic beverage, beer, light, BUD LIGHT   | 1.0 fl oz            | 2 |
| Parmesan cheese topping, fat free  | 1.0 tablespoon       | 2 |
| Lamb, Australian, imported, fresh, separable fat, raw  | 1.0 oz               | 2 |
| Cookies, sugar wafer, with creme filling, sugar free   | 1.0 oz               | 2 |
| Alcoholic beverage, pina colada, canned  | 1.0 fl oz            | 2 |
| Beverages, tea, instant, unsweetened, powder   | 1.0 serving 1 tsp    | 2 |
| Puddings, tapioca, dry mix, with no added salt   | 1.0 package (3.5 oz) | 2 |
| Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt                       | 1.0 package (3 oz)   | 2 |
| Egg, whole, cooked, omelet   | 1.0 tbsp             | 2 |
| Spices, cinnamon, ground   | 1.0 tsp              | 2 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA | 1.0 fl oz            | 2 |
| Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed                                  | 1.0 fl oz            | 2 |

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| Beverages, coffee substitute, cereal grain beverage, prepared with water                | 1.0 fl oz                  | 2 |
| Cream, sour, reduced fat, cultured  | 1.0 tbsp                   | 2 |
| Candies, caramels, chocolate-flavor roll  | 1.0 piece                  | 1 |
| Pie, blueberry, commercially prepared   | 1.0 oz                     | 1 |
| Orange peel, raw  | 1.0 tbsp                   | 1 |
| Cheese, cream   | 1.0 tbsp                   | 1 |
| Sweeteners, for baking, brown, contains sugar and                                       | 1.0 tbsp                   | 1 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA | 1.0 fl oz                  | 1 |
| Cream, sour, cultured   | 1.0 tbsp                   | 1 |
| Sour dressing, non-butterfat, cultured, filled cream-type                               | 1.0 tbsp                   | 1 |
| Cookies, brownies, dry mix, sugar free  | 1.0 oz                     | 1 |
| Candies, HERSHEY, KIT KAT BIG KAT Bar   | 1.0 bar 1.94 oz            | 1 |
| Salad dressing, thousand island dressing, reduced fat                                   | 1.0 tablespoon             | 1 |
| Salad dressing, mayonnaise, imitation, milk cream                                       | 1.0 tablespoon             | 1 |
| Alcoholic beverage, liqueur, coffee, 63 proof   | 1.0 fl oz                  | 1 |
| Arugula, raw  | 1.0 leaf                   | 1 |
| Beverages, cranberry-apricot juice drink, bottled                                       | 1.0 fl oz                  | 1 |
| Beverages, cranberry-grape juice drink, bottled   | 1.0 fl oz                  | 1 |
| Onions, frozen, chopped, cooked, boiled, drained, without                               | 1.0 tbsp chopped           | 1 |
| Ginger root, raw  | 1.0 tsp                    | 1 |
| Grapes, muscadine, raw  | 1.0 grape                  | 1 |
| Longans, dried  | 1.0 fruit                  | 1 |
| Chicken, broilers or fryers, separable fat, raw   | 1.0 tbsp                   | 1 |
| Spices, bay leaf  | 1.0 tsp, crumbled          | 1 |
| Dessert topping, pressurized  | 1.0 cups                   | 1 |
| Nabisco, Nabisco Ritz Crackers  | 1.0 cracker                | 1 |
| Beverages, water, bottled, non-carbonated, EVIAN  | 1.0 fl oz                  | 1 |
| Water, bottled, non-carbonated, NAYA  | 1.0 fl oz                  | 1 |
| Dill weed, fresh  | 5.0 sprigs                 | 1 |
| Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops         | 1.0 serving 1.75 fl oz pop | 1 |
| Vanilla extract   | 1.0 tsp                    | 1 |