



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

Description	Measure	Sugars, total(g)Per Measure
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	119.66
Whey, sweet, dried	1.0 cups	107.97
Currants, zante, dried	1.0 cups	89.68
Cranberry sauce, canned, sweetened	1.0 cups	87.95
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	77.76
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	70.71
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	69.9
Syrups, table blends, pancake	1.0 cups	67.42
Candies, confectioner's coating, peanut butter	1.0 cups chips	64.34
Blueberries, wild, canned, heavy syrup, drained	1.0 cups	61.5
Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	16.0 fl oz	54
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.0 cups, halves	51.26
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	48.92
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	47.88
Plantains, yellow, raw	1.0 plantain	47.28
Blueberries, frozen, sweetened	1.0 cups, thawed	45.36
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	44.42
Apricots, canned, heavy syrup, drained	1.0 cups, halves	40.84
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	40.13
Applesauce, canned, sweetened, without salt	1.0 cups	36.09
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	33.26
Tamarind nectar, canned	1.0 cups	31.88
Yogurt, fruit, low fat,9 g protein/8 oz	1.0 container (6 oz)	31.69
Pomegranate juice, bottled	1.0 cups	31.5
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	31.24
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	30.57
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	30.37
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	29.68
Plantains, yellow, baked	1.0 cups	29.65
Candies, YORK BITES	15.0 pieces	29.25
Figs, canned, water pack, solids and liquids	1.0 cups	29.24

Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	29
Litchis, raw	1.0 cups	28.94
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	28.85
Grapefruit juice, white, canned, sweetened	1.0 cups	27.57
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	27.54
Candies, YORK Peppermint Pattie	1.0 patty 1.5 oz	27.43
Cheese substitute, mozzarella	1.0 cups, shredded	26.75
Passion-fruit, (granadilla), purple, raw	1.0 cups	26.43
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	26.43
Beverages, V8 V-FUSION Juices, Peach Mango	1.0 serving 8 oz	26
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	25.44
Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	6.0 fl oz	25
Cream puff, eclair, custard or cream filled, iced	4.0 oz	24.92
Breadfruit, raw	1.0 cups	24.2
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.0 bar 1.55 oz	24.2
Cereals ready-to-eat, granola, homemade	1.0 cups	24.16
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	23.88
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	23.85
Grapes, canned, thompson seedless, water pack, solids and liquids	1.0 cups	23.77
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	23.25
Dessert topping, powdered	1.0 oz	22.59
Mangos, raw	1.0 cups pieces	22.54
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	22.32
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	21.91
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	21.35
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	21.22
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	21.05
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	21
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	20.9
Milk, canned, condensed, sweetened	1.0 fl oz	20.78
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	20.69
Orange juice, chilled, includes from concentrate, with added calcium	1.0 cups	20.69
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	20.68
Tangerines, (mandarin oranges), raw	1.0 cups, sections	20.63
Eggnog	1.0 cups	20.45
Papaya, canned, heavy syrup, drained	1.0 piece	20.36
Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	1.0 serving 13 pieces	20.16
Beverages, V8 SPLASH Juice Drinks, Mango Peach	1.0 serving 8 oz	20

Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	20
Mckee Baking, Little Debbie Nutty Bars, Wafers with Peanut Butter, Chocolate Covered	1.0 serving	19.38
Blackberry juice, canned	1.0 cups	19.25
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	19.21
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	18.4
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	18.34
Beverages, V8 SPLASH Smoothies, Peach Mango	1.0 serving 8 oz	18.01
Beverages, V8 SPLASH Smoothies, Strawberry Banana	1.0 serving 8 oz	18.01
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	17.97
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	17.8
Cherries, sweet, raw	1.0 cups, with pits, yields	17.69
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	17.55
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	17.47
Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	1.0 serving 1/2 cups	17.26
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	17
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cups	16.98
Ice creams, BREYERS, All Natural Light French Chocolate	1.0 serving 1/2 cups	16.35
Kiwifruit, green, raw	1.0 cups, sliced	16.18
Blackberries, frozen, unsweetened	1.0 cups, unthawed	16.11
Rowal, raw	0.5 cups	16.07
Beets, canned, regular pack, solids and liquids	1.0 cups	16.06
Continental Mills, Krusteaz Almond Poppyseed Muffin Mix, Artificially Flavored, dry	1.0 serving	16
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	15.88
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	15.85
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.25 cups	15.59
Ice creams, BREYERS, All Natural Light Vanilla	1.0 serving 1/2 cups	15.49
Cookies, sugar wafers with creme filling, regular	3.0 cookies	15.46
Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry	1.0 serving	15.33
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	15.26
Frostings, coconut-nut, ready-to-eat	0.08 package	15.2
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	8.0 fl oz	15
Grapes, american type (slip skin), raw	1.0 cups	14.95
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	14.78
Milk, buttermilk, dried	0.25 cups	14.7

Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	14.64
Pillsbury, Chocolate Chip Cookies, refrigerated dough	1.0 serving 2 cookies	14.31
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	13.98
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	13.98
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	13.81
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cups milk	1.0 cups	13.7
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	13.7
Pears, raw	1.0 cups, slices	13.65
Cookies, fig bars	1.0 oz	13.14
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	13.1
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	13.08
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	13.04
POPEYES, Coleslaw	1.0 package	13
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	12.94
Cookies, chocolate chip, refrigerated dough	1.0 serving	12.55
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	12.12
Tomato products, canned, puree, with salt added	1.0 cups	12.07
Tomato products, canned, puree, without salt added	1.0 cups	12.07
Yogurt, plain, low fat	1.0 container (6 oz)	11.97
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	11.74
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	11.74
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	11.59
Papayas, raw	1.0 cups 1"	11.34
Loganberries, frozen	1.0 cups, unthawed	11.32
Sweet potato, canned, syrup pack, drained solids	1.0 cups	11.25
Dessert topping, pressurized	1.0 cups	11.25
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	11.21
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	11.17
Cookies, vanilla sandwich with creme filling	1.0 oz	11.14
Apples, raw, without skin	1.0 cups slices	11.11
Keikitos (muffins), Latino bakery item	1.0 piece	10.84
Fish, herring, Atlantic, pickled	1.0 cups	10.79
Archway Home Style Cookies, Iced Molasses	1.0 serving	10.76
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	10.62

Cookies, chocolate wafers	1.0 oz	10.61
Cake, snack cakes, creme-filled, sponge	1.0 oz	10.57
Archway Home Style Cookies, Iced Oatmeal	1.0 serving	10.42
Chocolate, dark, 60-69% cacao solids	1.0 oz	10.41
Figs, raw	1.0 large (2-1/2" dia)	10.41
Cake, sponge, commercially prepared	1.0 oz	10.39
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	10.38
Snacks, fruit leather, rolls	1.0 large	10.32
Cheese spread, pasteurized process, American	1.0 cups, diced	10.25
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	10.24
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	10.14
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	10.08
Cookies, peanut butter sandwich, regular	1.0 oz	10.05
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	10.05
Beverages, Protein powder soy based	1.0 scoop	10
Bread, pound cake type, pan de torta salvadoran	1.0 serving	9.96
Heinz, Weight Watcher, Chocolate Eclair, frozen	1.0 eclair, frozen	9.91
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	9.81
Nuts, coconut cream, canned, sweetened	1.0 tbsp	9.79
Archway Home Style Cookies, Molasses	1.0 serving	9.45
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	9.42
Cookies, oatmeal, with raisins	1.0 oz	9.4
Pillsbury, Cinnamon Rolls with Icing, refrigerated dough	1.0 serving 1 roll with icing	9.39
Cake, cherry fudge with chocolate frosting	1.0 oz	9.34
Beets, raw	1.0 cups	9.19
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	9.15
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	9.09
Tomatoes, red, ripe, canned, stewed	1.0 cups	8.98
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	8.97
Candies, MOUNDS Candy Bar	1.0 bar snack size	8.78
Baking chocolate, MARS SNACKFOOD US, M & M's Milk Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	8.76
Archway Home Style Cookies, Date Filled Oatmeal	1.0 serving	8.57
Fast foods, croissant, with egg, cheese, and ham	1.0 item	8.4
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.0 oz	8.37
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	8.35
Soup, pea, green, canned, condensed	0.5 cups	8.35
Currants, red and white, raw	1.0 cups	8.25
Peas, green, raw	1.0 cups	8.22

Keebler, Keebler Chocolate Graham SELECTS	1.0 serving	8.21
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	8.19
Cookies, peanut butter, commercially prepared, regular	1.0 oz	8.1
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	7.97
Archway Home Style Cookies, Raspberry Filled	1.0 serving	7.94
Yogurt, plain, whole milk	1.0 container (6 oz)	7.92
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	7.88
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.0 oz	7.74
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	7.58
Baking chocolate, MARS SNACKFOOD US, M & M's Semisweet Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	7.43
Onions, sweet, raw	1.0 NLEA serving	7.43
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	7.39
Cheese, mexican, queso chihuahua	1.0 cups, diced	7.34
Vegetable juice cocktail, canned	1.0 cups	7.19
Peanuts, all types, dry-roasted, without salt	1.0 cups	7.15
Cookies, oatmeal, commercially prepared, regular	1.0 oz	6.99
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups, mashed	6.91
Squash, winter, hubbard, cooked, boiled, mashed, without salt	1.0 cups, mashed	6.91
Beverages, Whiskey sour mix, bottled	1.0 fl oz	6.91
Onions, raw	1.0 cups,	6.78
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	6.71
Nabisco, Nabisco Grahams Crackers	1.0 serving	6.44
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	6.4
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cups	6.32
Tomato juice, canned, without salt added	1.0 cups	6.27
Tomato juice, canned, with salt added	1.0 cups	6.27
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	6.22
Salami, pork, beef, less sodium	3.0 oz	6.21
Cake, cheesecake, commercially prepared	1.0 oz	6.18
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	6.17
Lemon juice, raw	1.0 cups	6.15
Cookies, shortbread, commercially prepared, plain	1.0 oz	6.14
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	6.12
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	6.12
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cups	6.09
Carrots, raw	1.0 cups chopped	6.07
Pie, fried pies, fruit	1.0 oz	6.07
Milk shakes, thick chocolate	1.0 fl oz	5.92
Sweeteners, for baking, brown, contains sugar and sucralose	1.0 tbsp	5.89

Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	5.82
Danish pastry, cinnamon, enriched	1.0 oz	5.61
Cookies, chocolate sandwich, with creme filling, special dietary	1.0 oz	5.59
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	5.58
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	5.34
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	5.33
Crackers, wheat, regular	16.0 crackers 1 serving	5.26
Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	1.0 serving 3.5 fl oz bar	5.25
Carambola, (starfruit), raw	1.0 cups, cubes	5.25
Chicory roots, raw	1.0 root	5.24
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	5.22
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	5.07
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	5
Nuts, hazelnuts or filberts	1.0 cups,	4.99
Cookies, molasses	1.0 oz	4.99
Puddings, chocolate, ready-to-eat	1.0 oz	4.87
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	4.81
Cream, whipped, cream topping, pressurized	1.0 cups	4.8
Candies, truffles, prepared-from-recipe	1.0 piece	4.6
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	4.58
Bamboo shoots, raw	1.0 cups (1/2" slices)	4.53
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	4.52
Beans, pink, mature seeds, raw	1.0 cups	4.49
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	4.47
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	4.44
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	4.39
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	4.35
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	4.29
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	4.28
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1.0 serving	4.26
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	4.24
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	4.2
Beans, black, mature seeds, raw	1.0 cups	4.11
Lime juice, raw	1.0 cups	4.09
Pie, cherry, commercially prepared	1.0 oz	4.05
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	4.04

Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	3.99
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	3.96
Peas, edible-podded, raw	1.0 cups,	3.92
Bread, stuffing, cornbread, dry mix	1.0 oz	3.73
Candies, caramels, chocolate-flavor roll	1.0 piece	3.72
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	3.67
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	3.67
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	3.65
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	3.62
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	3.62
Onions, frozen, whole, unprepared	0.33 package (10 oz)	3.62
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	3.56
Cream, fluid, light whipping	1.0 cups,	3.55
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	3.52
Cream, fluid, heavy whipping	1.0 cups,	3.5
Salad dressing, russian dressing, low calorie	1.0 tablespoon	3.5
Pie, banana cream, prepared from recipe	1.0 oz	3.42
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cups	3.4
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	3.38
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	3.35
Fast foods, biscuit, with egg and bacon	1.0 biscuit	3.29
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	3.23
Croissants, cheese	1.0 oz	3.22
Croissants, butter	1.0 oz	3.19
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	3.16
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	3.12
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	3.08
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	3.07
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	3.05
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	3.03
Cheese, cottage, creamed, large or small curd	4.0 oz	3.02
Beverages, chocolate powder, no sugar added	2.0 tbsp	3
Edamame, frozen, unprepared	1.0 cups	2.93
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	2.92
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	2.9
Pillsbury, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	1.0 biscuit	2.85



Okra, frozen, unprepared	0.33 package (10 oz)	2.82
Pie, blueberry, commercially prepared	1.0 oz	2.8
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	2.77
Mushrooms, portabella, grilled	1.0 cups sliced	2.73
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.0 cups	2.7
Cheese, cottage, creamed, with fruit	4.0 oz	2.69
Fast foods, english muffin, with egg, cheese, and canadian bacon	1.0 sandwich	2.68
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	2.68
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	2.64
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.0 cups	2.64
Pillsbury, Crusty French Loaf, refrigerated dough	1.0 serving	2.63
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	2.62
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	2.6
Soup, beef noodle, canned, condensed	0.5 cups	2.58
Asparagus, canned, drained solids	1.0 cups	2.57
Beans, snap, green, frozen, cooked, boiled, drained without salt	1.0 cups	2.54
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	2.51
Bread, oatmeal, toasted	1.0 oz	2.51
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	2.49
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	2.47
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	2.43
Pasta, dry, enriched	1.0 cups	2.43
Pasta, dry, unenriched	1.0 cups	2.43
Sorghum flour, whole-grain	1.0 cups	2.35
Bread, stuffing, dry mix	1.0 oz	2.34
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	1.0 fl oz	2.31
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	2.23
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cups	2.22
Cress, garden, raw	1.0 cups	2.2
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	2.19
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	2.19
Bread, oat bran	1.0 oz	2.18
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1.0 fl oz	2.17
Egg substitute, powder	0.35 oz	2.16
Radishes, raw	1.0 cups slices	2.16
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	2.13
Broccoli, frozen, chopped, unprepared	1.0 cups	2.11
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	2.08
POPEYES, biscuit	1.0 biscuit	2.08
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	2.04
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready-to-feed with ARA and DHA	1.0 fl oz	2.02

Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cups	2.02
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	2
Danish pastry, cheese	1.0 oz	1.97
Cauliflower, green, raw	1.0 cups	1.94
Brussels sprouts, raw	1.0 cups	1.94
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	1.92
Onions, dehydrated flakes	1.0 tbsp	1.87
Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	1.0 serving	1.83
Sausage, turkey, hot, smoked	2.0 oz	1.79
Bread, white, commercially prepared, toasted	1.0 oz	1.76
Cheese, pasteurized process, swiss	1.0 cups, diced	1.72
Bread, wheat	1.0 slice	1.66
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	1.6
Garlic bread, frozen	1.0 slice presliced	1.59
Snacks, potato chips, barbecue-flavor	1.0 oz	1.55
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.0 cups	1.55
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	1.54
Fast Foods, biscuit, with egg and sausage	1.0 item	1.54
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	1.54
Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	1.0 fl oz	1.53
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1.0 cups	1.52
Crackers, standard snack-type, sandwich, with peanut butter filling	0.5 oz	1.49
Cheese, muenster	1.0 cups, diced	1.48
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	1.47
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	1.41
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	1.41
Soup, chicken noodle, dry, mix	1.0 packet	1.41
Bread, white wheat	1.0 slice	1.4
Bread, whole-wheat, commercially prepared	1.0 slice	1.39
Snacks, corn-based, extruded, onion-flavor	1.0 oz	1.37
Garlic, raw	1.0 cups	1.36
Bread, reduced-calorie, white	1.0 oz	1.35
Crackers, standard snack-type, regular	5.0 crackers	1.31
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	1.3
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	1.28
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	1.25
Cream, fluid, half and half	1.0 fl oz	1.25
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	1.23
Barley flour or meal	1.0 cups	1.18
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	1.18
Asparagus, cooked, boiled, drained	0.5 cups	1.17
Noodles, egg, spinach, enriched, cooked	1.0 cups	1.14

Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	1.1
Bread, rye	1.0 oz	1.09
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	1.0 tbsp	1.09
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	1.07
MORI-NU, Tofu, silken, firm	1.0 slice	1.07
Bread, reduced-calorie, wheat	1.0 oz	1.05
Snacks, potato chips, fat free, salted	1.0 oz	1.05
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	1.05
Rice flour, brown	1.0 cups	1.04
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	1.04
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	1.02
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	1.01
Nuts, almond butter, plain, with salt added	1.0 tbsp	1
Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	1.0 serving 8 oz	1
Cheese, American, nonfat or fat free	1.0 serving	1
Bread, cheese	1.0 slice	1
Beverages, Whey protein powder isolate	3.0 scoop	1
Focaccia, Italian flatbread, plain	1.0 piece	1
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	1
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	0.99
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	0.98
Liverwurst spread	0.25 cups	0.91
Cheese, neufchatel	1.0 oz	0.9
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	0.9
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	0.87
Snacks, tortilla chips, ranch-flavor	1.0 oz	0.86
Snacks, oriental mix, rice-based	1.0 oz	0.85
Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	1.0 serving 1.75 fl oz pop	0.84
Oat flour, partially debranned	1.0 cups	0.83
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	0.82
Potatoes, baked, skin, without salt	1.0 skin	0.81
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.0 oz	0.8
Cornmeal, whole-grain, white	1.0 cups	0.78
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	0.78
Spinach, canned, regular pack, solids and liquids	1.0 cups	0.77
Turnip greens, cooked, boiled, drained, without salt	1.0 cups,	0.76
Cheese, provolone	1.0 cups, diced	0.74
Noodles, egg, dry, unenriched	1.0 cups	0.71
Soup, chicken broth or bouillon, dry	1.0 cube	0.69
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	0.69
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	0.69
Bologna, meat and poultry	1.0 slice	0.65
Crackers, cheese, regular	0.5 oz	0.64
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	0.64

Noodles, egg, unenriched, cooked, without added salt	1.0 cups	0.64
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	0.63
Mushrooms, Chanterelle, raw	1.0 cups	0.63
Croutons, seasoned	0.5 oz	0.63
Gravy, brown instant, dry	1.0 serving	0.62
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	0.61
Potatoes, flesh and skin, raw	0.5 cups, diced	0.61
Beans, black turtle, mature seeds, cooked, boiled, without salt	1.0 cups	0.59
Potatoes, roasted, salt added in processing, frozen, unprepared	3.0 oz	0.59
Soup, cream of shrimp, canned, prepared with equal volume water	1.0 cups	0.59
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	0.58
Kale, frozen, unprepared	1.0 cups	0.57
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	0.56
Beans, black turtle, mature seeds, canned	1.0 cups	0.55
Cheese, cream	1.0 tbsp	0.55
Vanilla extract	1.0 tsp	0.53
Soup, cream of mushroom, canned, condensed	0.5 cups	0.5
Gravy, beef, canned, ready-to-serve	1.0 cups	0.49
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	0.49
Soup, cream of chicken, canned, condensed, reduced sodium	0.5 cups	0.48
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	0.45
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	0.44
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	0.44
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.0 tbsp chopped	0.43
Wheat flour, white, bread, enriched	1.0 cups	0.42
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	0.42
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	0.41
Cream, sour, cultured	1.0 tbsp	0.41
Bread, protein (includes gluten)	1.0 oz	0.41
Cheese, ricotta, part skim milk	0.5 cups	0.38
Bologna, pork, turkey and beef	1.0 oz	0.38
Wheat flour, white, all-purpose, unenriched	1.0 cups	0.34
Salami, Italian, pork	1.0 oz	0.34
Cheese, ricotta, whole milk	0.5 cups	0.33
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	0.31
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.31
Soup, chicken with rice, canned, condensed	0.5 cups	0.29
Alcoholic beverage, wine, table, white	1.0 fl oz	0.28
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	0.28
Nabisco, Nabisco Ritz Crackers	1.0 cracker	0.27
Sauce, cheese, ready-to-serve	0.25 cups	0.26
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	0.26
Egg, white, raw, fresh	1.0 large	0.23
Muffins, English, mixed-grain (includes granola)	1.0 oz	0.23

Bacon and beef sticks	1.0 oz	0.22
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	0.22
Mountain yam, hawaii, raw	0.5 cups, cubes	0.21
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.21
Kale, raw	1.0 cups	0.21
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	0.21
Beet greens, raw	1.0 cups	0.19
Egg, whole, cooked, poached	1.0 large	0.18
Egg, whole, raw, fresh	1.0 large	0.18
Egg, whole, cooked, fried	1.0 large	0.18
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	0.17
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	0.17
Broccoli raab, raw	1.0 cups chopped	0.15
Cheese, blue	1.0 oz	0.14
Spices, mustard seed, ground	1.0 tsp	0.14
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	0.14
Cheese, camembert	1.0 oz	0.13
Spinach, raw	1.0 cups	0.13
Pork sausage, link/patty, fully cooked, unheated	1.0 link	0.12
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	0.1
Spices, turmeric, ground	1.0 tsp	0.1
Cracker, meal	1.0 oz	0.09
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	0.08
Rice, white, long-grain, regular, cooked, unenriched, with salt	1.0 cups	0.08
Salad dressing, mayonnaise, regular	1.0 tbsp	0.08
Parmesan cheese topping, fat free	1.0 tablespoon	0.07
Cheese, parmesan, grated	1.0 cups	0.07
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.0 tablespoon	0.07
Spices, nutmeg, ground	1.0 tsp	0.07
Endive, raw	0.5 cups,	0.06
Snacks, potato sticks	1.0 oz	0.06
Spices, ginger, ground	1.0 tsp	0.06
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	0.06
Spices, cinnamon, ground	1.0 tsp	0.06
Spices, curry powder	1.0 tsp	0.06
Rice noodles, cooked	1.0 cups	0.05
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	0.05
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	3.0 oz	0.05
Egg, whole, cooked, omelet	1.0 tbsp	0.05
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	0.05
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	0.04
Arugula, raw	1.0 leaf	0.04
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	0.04

Ginger root, raw	1.0 tsp	0.03
Spices, marjoram, dried	1.0 tsp	0.02
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	0.02
Cream, sour, reduced fat, cultured	1.0 tbsp	0.02
Spices, thyme, dried	1.0 tsp, leaves	0.02
Olives, pickled, canned or bottled, green	1.0 olive	0.01
Spices, caraway seed	1.0 tsp	0.01