



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

| Description | Measure | Carbohydrate, by difference(g)Per Measure |
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| Syrups, table blends, pancake, with 2% maple, with added potassium | 1.0 cups | 219.24 |
| Syrups, table blends, pancake | 1.0 cups | 193.02 |
| Rice, white, long-grain, regular, raw, unenriched | 1.0 cups | 147.91 |
| Beans, pink, mature seeds, raw | 1.0 cups | 134.8 |
| Desserts, mousse, chocolate, prepared-from-recipe | 1.0 recipe yield | 129.85 |
| Cornmeal, white, self-rising, bolted, with wheat flour added, enriched | 1.0 cups | 124.83 |
| Beans, adzuki, mature seeds, raw | 1.0 cups | 123.91 |
| Corn grain, white | 1.0 cups | 123.27 |
| Beans, black, mature seeds, raw | 1.0 cups | 120.98 |
| Rice flour, brown | 1.0 cups | 120.84 |
| Pie Crust, Cookie-type, Chocolate, Ready Crust | 1.0 crust | 117.35 |
| Cranberry sauce, canned, sweetened | 1.0 cups | 111.91 |
| Currants, zante, dried | 1.0 cups | 110.85 |
| Barley flour or meal | 1.0 cups | 110.29 |
| Whey, sweet, dried | 1.0 cups | 107.97 |
| Pie crust, deep dish, frozen, baked, made with enriched flour | 1.0 pie crust (average weight) | 105.99 |
| Pie crust, deep dish, frozen, unbaked, made with enriched flour | 1.0 pie crust (average weight) | 105.28 |
| Cornmeal, white, self-rising, degermed, enriched | 1.0 cups | 103.21 |
| Wheat flour, white, bread, enriched | 1.0 cups | 99.37 |
| Apricots, dehydrated (low-moisture), sulfured, uncooked | 1.0 cups | 98.64 |
| Wheat flour, white, all-purpose, unenriched | 1.0 cups | 95.39 |
| Wheat flour, white, all-purpose, enriched, calcium-fortified | 1.0 cups | 95.39 |
| Cornmeal, whole-grain, white | 1.0 cups | 93.81 |
| Sorghum flour, whole-grain | 1.0 cups | 92.73 |
| Orange juice, frozen concentrate, unsweetened, undiluted | 1.0 cups | 92.2 |
| Blueberries, wild, canned, heavy syrup, drained | 1.0 cups | 90.34 |
| Corn flour, yellow, masa, enriched | 1.0 cups | 87.31 |
| Puddings, tapioca, dry mix, with no added salt | 1.0 package (3.5 oz) | 86.76 |
| Pears, dried, sulfured, stewed, without added sugar | 1.0 cups, halves | 86.22 |
| Plantains, yellow, raw | 1.0 plantain | 86.1 |
| Peaches, dehydrated (low-moisture), sulfured, stewed | 1.0 cups | 82.62 |

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| Puddings, vanilla, dry mix, regular, with added oil | 1.0 package (3.12 oz) | 81.31 |
| Candies, confectioner's coating, peanut butter | 1.0 cups chips | 78.76 |
| Flan, caramel custard, dry mix | 1.0 package (3 oz) | 77.86 |
| Puddings, banana, dry mix, regular, with added oil | 1.0 package (3.12 oz) | 77.79 |
| Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt | 1.0 package (3 oz) | 76.92 |
| Puddings, lemon, dry mix, regular, with added oil, potassium, sodium | 1.0 package (3 oz) | 76.75 |
| Biscuits, plain or buttermilk, dry mix | 1.0 cups, purchased | 76.08 |
| Grapefruit juice, white, frozen concentrate, unsweetened, undiluted | 1.0 can (6 fl oz) | 71.54 |
| Pasta, fresh-refrigerated, spinach, as purchased | 4.0 oz | 71.32 |
| Pasta, fresh-refrigerated, plain, as purchased | 4.0 oz | 70.05 |
| Oat flour, partially debranned | 1.0 cups | 68.33 |
| Peaches, canned, extra heavy syrup pack, solids and liquids | 1.0 cups, halves or slices | 68.28 |
| Pasta, dry, enriched | 1.0 cups spaghetti | 67.95 |
| Pasta, dry, unenriched | 1.0 cups spaghetti | 67.95 |
| Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program) | 1.0 cups spaghetti | 66.77 |
| Nuts, chestnuts, european, raw, unpeeled | 1.0 cups | 66.03 |
| Cereals ready-to-eat, granola, homemade | 1.0 cups | 65.73 |
| Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds | 1.0 cups | 65.55 |
| Potatoes, Russet, flesh and skin, baked | 1.0 potato large (3" to 4-1/4" dia. | 64.11 |
| Macaroni, vegetable, enriched, dry | 1.0 cups spiral shaped | 62.9 |
| Breadfruit, raw | 1.0 cups | 59.66 |
| Pie, Dutch Apple, Commercially Prepared | 0.12 pie 1 pie (1/8 of 9" pie) | 58.35 |
| DIGIORNO Pizza, cheese topping, rising crust, frozen, baked | 1.0 slice 1/4 of pie | 58.16 |
| Plantains, yellow, baked | 1.0 cups | 57.5 |
| Boysenberries, canned, heavy syrup | 1.0 cups | 57.11 |
| Apricots, canned, heavy syrup pack, with skin, solids and liquids | 1.0 cups, halves | 55.39 |
| Apricots, dried, sulfured, stewed, without added sugar | 1.0 cups, halves | 55.38 |
| Passion-fruit, (granadilla), purple, raw | 1.0 cups | 55.18 |
| 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 |

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| Rice, white, medium-grain, cooked, unenriched | 1.0 cups | 53.18 |
| Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 1.0 bagel | 51.86 |
| Cake, chocolate, prepared from recipe without frosting | 1.0 piece (1/12 of 9" dia) | 50.73 |
| Beans, baked, canned, with pork | 1.0 cups | 50.57 |
| Blueberries, frozen, sweetened | 1.0 cups, thawed | 50.48 |
| Teff, cooked | 1.0 cups | 50.05 |
| Sweet potato, canned, syrup pack, drained solids | 1.0 cups | 49.71 |
| George Weston Bakeries, Brownberry Sage and Onion Stuffing Mix, dry | 1.0 serving | 48.71 |
| Potatoes, mashed, dehydrated, flakes without milk, dry form | 1.0 cups | 48.7 |
| Cherries, sour, red, canned, light syrup pack, solids and liquids | 1.0 cups | 48.64 |
| Noodles, japanese, somen, cooked | 1.0 cups | 48.47 |
| Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 1.0 cups | 46.9 |
| Apricots, canned, heavy syrup, drained | 1.0 cups, halves | 46.67 |
| Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar | 1.0 serving 2.13 oz bar | 46.66 |
| Soup, chicken noodle, dry, mix | 1.0 packet | 46.12 |
| Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches | 1.0 cups (1 NLEA serving) | 45.81 |
| Beans, black turtle, mature seeds, cooked, boiled, without salt | 1.0 cups | 45.05 |
| Garlic, raw | 1.0 cups | 44.96 |
| Rice, white, long-grain, regular, cooked, unenriched, with salt | 1.0 cups | 44.51 |
| Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged | 1.0 cups | 44.07 |
| Candies, NESTLE, BUTTERFINGER Bar | 1.0 serving 2.1 oz bar | 43.74 |
| Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple | 1.0 cups (1 NLEA serving) | 43.7 |
| Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS | 1.0 cups (1 NLEA serving) | 43.67 |
| Applesauce, canned, sweetened, without salt | 1.0 cups | 43.03 |
| Cereals, oats, instant, fortified, with raisins and spice, prepared with water | 1.0 cups | 42.98 |
| Cream puff, eclair, custard or cream filled, iced | 4.0 oz | 42.3 |
| Rice noodles, cooked | 1.0 cups | 42.26 |
| Noodles, japanese, somen, dry | 2.0 oz | 42.24 |
| Lima beans, immature seeds, frozen, baby, unprepared | 1.0 cups | 41.23 |
| Candies, NESTLE, BUTTERFINGER Crisp | 1.0 piece | 41.07 |
| Corn, sweet, yellow, canned, vacuum pack, regular pack | 1.0 cups | 40.82 |
| Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 1.0 cups | 40.39 |
| Noodles, egg, unenriched, cooked, without added salt | 1.0 cups | 40.26 |
| Lima beans, immature seeds, cooked, boiled, drained, without salt | 1.0 cups | 40.19 |
| Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size | 1.0 cups (1 NLEA serving) | 39.89 |

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| Beans, black turtle, mature seeds, canned | 1.0 cups | 39.72 |
| Soup, black bean, canned, condensed | 1.0 cups (8 fl oz) | 39.63 |
| Noodles, egg, spinach, enriched, cooked | 1.0 cups | 38.8 |
| Pears, canned, light syrup pack, solids and liquids | 1.0 cups, halves | 38.08 |
| Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt | 1.0 cups | 37.93 |
| Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt | 1.0 cups | 37.93 |
| Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit | 2.0 biscuits (1 NLEA serving) | 37.11 |
| Cereals, CREAM OF RICE, dry | 0.25 cups (1 NLEA serving) | 37.08 |
| Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry) | 1.0 pastry | 37.08 |
| Tamarind nectar, canned | 1.0 cups | 36.97 |
| Peaches, canned, light syrup pack, solids and liquids | 1.0 cups, halves or slices | 36.52 |
| Cake, yellow, prepared from recipe without frosting | 1.0 piece (1/12 of 8" dia) | 36.04 |
| Macaroni, vegetable, enriched, cooked | 1.0 cups spiral shaped | 35.66 |
| Muffin, blueberry, commercially prepared, low-fat | 1.0 muffin small | 35.54 |
| Bread, pan dulce, sweet yeast bread | 1.0 slice (average weight of 1 slice) | 35.52 |
| Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids | 1.0 cups | 35.48 |
| Candies, 5TH AVENUE Candy Bar | 1.0 bar 2 oz | 35.1 |
| Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 1.0 cups | 35.01 |
| Candies, HERSHEY, KIT KAT BIG KAT Bar | 1.0 bar 1.94 oz | 35 |
| Candies, YORK Peppermint Pattie | 1.0 patty 1.5 oz | 34.83 |
| Figs, canned, water pack, solids and liquids | 1.0 cups | 34.7 |
| Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies | 1.0 package (1.69 oz) | 34.17 |
| Fast Foods, biscuit, with egg and sausage | 1.0 item | 34.1 |
| Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added | 1.0 cups | 33.87 |
| Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt | 1.0 cups | 33.53 |
| Bread, pita, white, enriched | 1.0 pita, large (6-1/2" dia) | 33.42 |
| Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits | 1.0 serving fun size (8 chews) | 33.03 |
| Pomegranate juice, bottled | 1.0 cups | 32.69 |
| Peas, mature seeds, sprouted, raw | 1.0 cups | 32.53 |

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| Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt | 1.0 cups | 32.29 |
| Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt | 1.0 cups | 31.84 |
| Candies, YORK BITES | 15.0 pieces | 31.84 |
| Candies, TWIZZLERS CHERRY BITES | 18.0 pieces | 31.75 |
| Lima beans, immature seeds, frozen, fordhook, unprepared | 1.0 cups | 31.73 |
| Yogurt, fruit, low fat, 9 g protein/8 oz | 1.0 container (6 oz) | 31.69 |
| Yogurt, fruit, low fat, 11g protein/8 oz | 1.0 container (6 oz) | 31.62 |
| Cereals, CREAM OF WHEAT, instant, prepared with water, without salt | 1.0 cups | 31.52 |
| Mckee Baking, Little Debbie Nutty Bars, Wafers with Peanut Butter, Chocolate Covered | 1.0 serving | 31.46 |
| Litchis, raw | 1.0 cups | 31.41 |
| Persimmons, japanese, raw | 1.0 fruit (2-1/2" dia) | 31.23 |
| Peanuts, all types, dry-roasted, without salt | 1.0 cups | 31.04 |
| Seeds, sunflower seed kernels, oil roasted, without salt | 1.0 cups | 30.9 |
| Beans, pinto, immature seeds, frozen, unprepared | 0.33 package (10 oz) | 30.55 |
| Candies, NESTLE, 100 GRAND Bar | 1.0 bar (1.5 oz) | 30.52 |
| Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D | 1.0 cups | 30.32 |
| Continental Mills, Krusteaz Almond Poppyseed Muffin Mix, Artificially Flavored, dry | 1.0 serving | 30.24 |
| Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added | 1.0 cups | 30.16 |
| Pillsbury, Buttermilk Biscuits, Artificial Flavor, refrigerated dough | 1.0 biscuit | 30.12 |
| Candies, NESTLE, CRUNCH Bar and Dessert Topping | 1.0 bar 1.55 oz | 29.48 |
| Fast foods, croissant, with egg, cheese, and ham | 1.0 item | 29.42 |
| Cake, angelfood, dry mix, prepared | 1.0 piece (1/12 of 10" dia) | 29.35 |
| Cherries, sweet, canned, water pack, solids and liquids | 1.0 cups, pitted | 29.16 |
| Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry | 0.5 cups (1 NLEA serving) | 29.05 |
| Mountain yam, hawaii, cooked, steamed, without salt | 1.0 cups, cubes | 29 |
| Nuts, almonds, dry roasted, without salt added | 1.0 cups whole kernels | 28.99 |
| Cereals, WHEATENA, cooked with water | 1.0 cups | 28.67 |
| Fast foods, biscuit, with egg and bacon | 1.0 biscuit | 28.59 |
| Soybeans, green, raw | 1.0 cups | 28.29 |
| Bread, pound cake type, pan de torta salvadoran | 1.0 serving | 28.21 |
| Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program) | 1.0 cups | 28.17 |
| Peas and carrots, frozen, cooked, boiled, drained, without salt | 1.0 package (10 oz) yields | 28.13 |
| Orange juice, chilled, includes from concentrate, with added calcium | 1.0 cups | 28.06 |

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| Orange juice, chilled, includes from concentrate, with added calcium and vitamin D | 1.0 cups | 28.06 |
| Cereals, CREAM OF RICE, cooked with water, with salt | 1.0 cups | 28.06 |
| Beverages, V8 V-FUSION Juices, Peach Mango | 1.0 serving 8 oz | 27.99 |
| Puddings, chocolate, dry mix, regular, prepared with whole milk | 0.5 cups | 27.89 |
| Cereals, MALT-O-MEAL, chocolate, dry | 3.0 tbsp (1 NLEA serving) | 27.84 |
| Grapefruit juice, white, canned, sweetened | 1.0 cups | 27.82 |
| Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs | 1.0 muffin | 27.77 |
| Cereals ready-to-eat, POST, Honeycomb Cereal | 1.0 cups (1 NLEA serving) | 27.72 |
| Seeds, sunflower seed kernels, toasted, without salt | 1.0 cups | 27.59 |
| Cereals, QUAKER, Instant Oatmeal Organic, Regular | 1.0 packet | 27.47 |
| Fast foods, english muffin, with egg, cheese, and canadian bacon | 1.0 sandwich | 27.3 |
| Cowpeas (blackeyes), immature seeds, raw | 1.0 cups | 27.3 |
| Rowal, raw | 0.5 cups | 27.25 |
| Fast foods, croissant, with egg, cheese, and sausage | 1.0 sandwich | 27.19 |
| Noodles, egg, dry, unenriched | 1.0 cups | 27.08 |
| Biscuits, plain or buttermilk, refrigerated dough, higher fat | 1.0 biscuit | 26.87 |
| Soup, pea, split with ham, canned, chunky, ready-to-serve | 1.0 cups | 26.81 |
| Cheese substitute, mozzarella | 1.0 cups, shredded | 26.75 |
| Potatoes, baked, skin, without salt | 1.0 skin | 26.71 |
| Burdock root, cooked, boiled, drained, without salt | 1.0 cups (1" pieces) | 26.44 |
| Potatoes, scalloped, home-prepared with butter | 1.0 cups | 26.41 |
| Kiwifruit, green, raw | 1.0 cups, sliced | 26.39 |
| Oranges, raw, with peel | 1.0 cups | 26.35 |
| Bread, salvadoran sweet cheese (quesadilla salvadorena) | 1.0 serving (approximate serving size) | 26.31 |
| Tangerines, (mandarin oranges), raw | 1.0 cups, sections | 26.01 |
| Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D | 1.0 cups | 25.85 |
| Soup, pea, green, canned, condensed | 0.5 cups | 25.83 |
| Cookies, chocolate sandwich, with creme filling, regular | 3.0 cookie | 25.56 |
| Popcorn, sugar syrup/caramel, fat-free | 1.0 oz | 25.53 |
| Cookies, sugar wafers with creme filling, regular | 3.0 cookies | 25.43 |
| Mission Foods, Mission Flour Tortillas, Soft Taco, 8 inch | 1.0 serving | 25.3 |
| Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal | 0.75 cups (1 NLEA serving) | 25.24 |
| Grapes, canned, thompson seedless, water pack, solids and liquids | 1.0 cups | 25.23 |
| Beverages, Whey protein powder isolate | 3.0 scoop | 25 |
| Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch | 6.0 fl oz | 25 |
| Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain | 0.75 cups (1 NLEA serving) | 24.88 |
| Cereals ready-to-eat, POST, COCOA PEBBLES | 0.75 cups (1 NLEA serving) | 24.85 |

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| Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches | 0.75 cups (1 NLEA serving) | 24.84 |
| Mangos, raw | 1.0 cups pieces | 24.72 |
| POPEYES, biscuit | 1.0 biscuit | 24.57 |
| Grapefruit, raw, pink and red, all areas | 1.0 cups sections, with juice | 24.52 |
| Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry | 1.0 serving | 24.36 |
| Tomato products, canned, sauce, with onions | 1.0 cups | 24.35 |
| Tortillas, ready-to-bake or -fry, flour, shelf stable | 1.0 tortilla | 24.14 |
| Squash, winter, butternut, frozen, cooked, boiled, without salt | 1.0 cups, mashed | 24.12 |
| Pillsbury, Crusty French Loaf, refrigerated dough | 1.0 serving | 24.1 |
| Crackers, wheat, regular | 16.0 crackers 1 serving | 24.05 |
| Artificial Blueberry Muffin Mix, dry | 1.0 muffin | 24.01 |
| Candies, dark chocolate coated coffee beans | 1.0 serving 28 pieces | 23.98 |
| Puddings, tapioca, ready-to-eat, fat free | 1.0 container refrigerated 4 oz | 23.87 |
| Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 | 2.0 tablespoon | 23.82 |
| Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies | 1.0 serving 13 pieces | 23.82 |
| Heinz, Weight Watcher, Chocolate Eclair, frozen | 1.0 eclair, frozen | 23.78 |
| Snacks, potato chips, fat free, salted | 1.0 oz | 23.75 |
| Blackberries, frozen, unsweetened | 1.0 cups, unthawed | 23.66 |
| Sweet potato, cooked, baked in skin, flesh, with salt | 1.0 medium (2" dia, 5" long, raw) | 23.61 |
| Puddings, chocolate, ready-to-eat, fat free | 1.0 serving 4 oz | 23.58 |
| Pillsbury, Cinnamon Rolls with Icing, refrigerated dough | 1.0 serving 1 roll with icing | 23.5 |
| Peanuts, valencia, oil-roasted, without salt | 1.0 cups | 23.47 |
| Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry | 1.0 serving | 23.4 |
| Beverages, Meal supplement drink, canned, peanut flavor | 1.0 cups | 23.29 |
| Pillsbury, Chocolate Chip Cookies, refrigerated dough | 1.0 serving 2 cookies | 23.09 |
| Chocolate-flavored hazelnut spread | 1.0 serving 2 TBSP | 23.07 |
| Snacks, pretzels, hard, whole-wheat including both salted and unsalted | 1.0 oz | 23.05 |
| Soup, bean with bacon, condensed, single brand | 1.0 serving 1/2 cups | 23.04 |
| Candies, HERSHEY'S, ALMOND JOY BITES | 18.0 pieces | 23.02 |
| Cookies, chocolate chip, commercially prepared, regular, lower fat | 1.0 serving 3 cookies | 22.95 |

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| Cracker, meal | 1.0 oz | 22.94 |
| Grapefruit, sections, canned, juice pack, solids and liquids | 1.0 cups | 22.93 |
| Crackers, cheese, sandwich-type with cheese filling | 6.0 cracker 1 cracker = 6.5g | 22.92 |
| Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan | 1.0 bottle | 22.83 |
| Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 1.0 cups | 22.83 |
| Cookies, brownies, dry mix, sugar free | 1.0 oz | 22.79 |
| Cereals ready-to-eat, BARBARA'S PUFFINS, original | 0.75 cups (1 NLEA serving) | 22.68 |
| Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN | 0.75 cups (1 NLEA serving) | 22.59 |
| Dessert topping, powdered | 1.0 oz | 22.59 |
| Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes | 0.75 cups (1 NLEA serving) | 22.58 |
| Cake, white, dry mix, special dietary (includes lemon-flavored) | 1.0 oz | 22.57 |
| Beverages, almond milk, chocolate, ready-to-drink | 8.0 fl oz | 22.51 |
| Tomato products, canned, puree, with salt added | 1.0 cups | 22.45 |
| Tomato products, canned, puree, without salt added | 1.0 cups | 22.45 |
| Keikitos (muffins), Latino bakery item | 1.0 piece | 22.33 |
| Grapefruit, sections, canned, water pack, solids and liquids | 1.0 cups | 22.33 |
| Keebler, Keebler Chocolate Graham SELECTS | 1.0 serving | 22.26 |
| Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added | 1.0 serving 3.5 fl oz bar | 22.25 |
| Potatoes, roasted, salt added in processing, frozen, unprepared | 3.0 oz | 22.23 |
| Squash, winter, hubbard, baked, with salt | 1.0 cups, cubes | 22.16 |
| Cherries, sweet, raw | 1.0 cups, with pits, yields | 22.09 |
| Tomato products, canned, sauce, with onions, green peppers, and celery | 1.0 cups | 21.93 |
| Papaya, canned, heavy syrup, drained | 1.0 piece | 21.77 |
| Bread, stuffing, cornbread, dry mix | 1.0 oz | 21.74 |
| Bread, stuffing, dry mix | 1.0 oz | 21.6 |
| Squash, winter, acorn, cooked, boiled, mashed, without salt | 1.0 cups, mashed | 21.54 |
| Squash, winter, acorn, cooked, boiled, mashed, with salt | 1.0 cups, mashed | 21.54 |
| Bread, cheese | 1.0 slice | 21.52 |
| Squash, winter, butternut, cooked, baked, without salt | 1.0 cups, cubes | 21.5 |
| Oranges, raw, California, valencias | 1.0 cups sections, without membranes | 21.4 |
| Nabisco, Nabisco Grahams Crackers | 1.0 serving | 21.34 |
| Pears, raw | 1.0 cups, slices | 21.32 |
| Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program) | 1.0 cups slices | 21.3 |
| Peas, green, raw | 1.0 cups | 20.95 |
| Cookies, molasses | 1.0 oz | 20.92 |

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| Milk, canned, condensed, sweetened | 1.0 fl oz | 20.78 |
| Puddings, rice, ready-to-eat | 1.0 serving 4 oz pudding cups | 20.78 |
| Seeds, lotus seeds, dried | 1.0 cups | 20.63 |
| Cookies, chocolate wafers | 1.0 oz | 20.61 |
| Eggnog | 1.0 cups | 20.45 |
| Carissa, (natal-plum), raw | 1.0 cups slices | 20.45 |
| Cookies, vanilla sandwich with creme filling | 1.0 oz | 20.44 |
| Snacks, crisped rice bar, chocolate chip | 1.0 bar (1 oz) | 20.44 |
| Focaccia, Italian flatbread, plain | 1.0 piece | 20.42 |
| Lime juice, raw | 1.0 cups | 20.38 |
| Snacks, tortilla chips, nacho-flavor, reduced fat | 1.0 oz | 20.3 |
| Pancakes, buckwheat, dry mix, incomplete | 1.0 oz | 20.21 |
| Ice creams, BREYERS, All Natural Light French Chocolate | 1.0 serving 1/2 cups | 20.18 |
| Cookies, chocolate chip, refrigerated dough | 1.0 serving | 20.14 |
| Cookies, fig bars | 1.0 oz | 20.1 |
| Frostings, coconut-nut, ready-to-eat | 0.08 package | 20.03 |
| Crackers, cream, Gamesa Sabrosas | 11.0 crackers (1 NLEA serving) | 20.01 |
| Beverages, V8 SPLASH Juice Drinks, Mango Peach | 1.0 serving 8 oz | 20 |
| Beverages, V8 SPLASH Smoothies, Strawberry Banana | 1.0 serving 8 oz | 19.99 |
| Soybeans, green, cooked, boiled, drained, without salt | 1.0 cups | 19.89 |
| Cookies, oatmeal, commercially prepared, special dietary | 1.0 oz | 19.82 |
| Cookies, oatmeal, with raisins | 1.0 oz | 19.55 |
| Corn, sweet, yellow, canned, drained solids, rinsed with tap water | 1.0 cups drained, rinsed | 19.53 |
| Blackberry juice, canned | 1.0 cups | 19.5 |
| Cookies, oatmeal, commercially prepared, regular | 1.0 oz | 19.48 |
| Frozen novelties, No Sugar Added, FUDGSICLE pops | 1.0 serving | 19.41 |
| Archway Home Style Cookies, Iced Molasses | 1.0 serving | 19.35 |
| Cookies, chocolate sandwich, with extra creme filling | 1.0 oz | 19.33 |
| Candies, fudge, chocolate, with nuts, prepared-from-recipe | 1.0 oz | 19.32 |
| Ice creams, BREYERS, All Natural Light Mint Chocolate Chip | 1.0 serving 1/2 cups | 19.31 |
| Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids | 1.0 cups | 19.28 |
| Cookies, chocolate sandwich, with creme filling, special dietary | 1.0 oz | 19.28 |
| Nuts, hazelnuts or filberts | 1.0 cups, chopped | 19.2 |
| Loganberries, frozen | 1.0 cups, unthawed | 19.14 |
| Cookies, sugar, commercially prepared, regular (includes vanilla) | 1.0 oz | 19.09 |
| Beverages, V8 SPLASH Smoothies, Peach Mango | 1.0 serving 8 oz | 19.01 |
| Grapefruit, raw, white, Florida | 1.0 cups sections, with juice | 18.84 |
| Cookies, sugar wafer, with creme filling, sugar free | 1.0 oz | 18.78 |
| Archway Home Style Cookies, Iced Oatmeal | 1.0 serving | 18.69 |
| Cookies, oatmeal, refrigerated dough, baked | 1.0 oz | 18.63 |

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| Cookies, peanut butter sandwich, regular | 1.0 oz | 18.6 |
| Snacks, tortilla chips, low fat, made with olestra, nacho cheese | 1.0 oz | 18.49 |
| Snacks, corn-based, extruded, onion-flavor | 1.0 oz | 18.46 |
| Snacks, potato chips, fat-free, made with olestra | 1.0 oz | 18.43 |
| Cake, snack cakes, creme-filled, sponge | 1.0 oz | 18.15 |
| Cookies, shortbread, commercially prepared, plain | 1.0 oz | 18.08 |
| Archway Home Style Cookies, Molasses | 1.0 serving | 18.05 |
| Snacks, granola bars, soft, uncoated, peanut butter | 1.0 bar (1 oz) | 18.03 |
| Snacks, fruit leather, rolls | 1.0 large | 18.02 |
| Garlic bread, frozen | 1.0 slice presliced | 17.94 |
| Snacks, tortilla chips, ranch-flavor | 1.0 oz | 17.79 |
| Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares | 1.0 serving | 17.71 |
| Beets, canned, regular pack, solids and liquids | 1.0 cups | 17.56 |
| Bread, french or vienna, toasted (includes sourdough) | 1.0 oz | 17.56 |
| Seeds, pumpkin and squash seed kernels, roasted, with salt added | 1.0 cups | 17.36 |
| Tomato products, canned, sauce, with tomato tidbits | 1.0 cups | 17.3 |
| Cake, sponge, commercially prepared | 1.0 oz | 17.29 |
| Currants, european black, raw | 1.0 cups | 17.23 |
| Ice creams, BREYERS, All Natural Light Vanilla | 1.0 serving 1/2 cups | 17.2 |
| Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program) | 1.0 cups, unthawed | 17.08 |
| Archway Home Style Cookies, Date Filled Oatmeal | 1.0 serving | 17.04 |
| Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%) | 1.0 oz | 17 |
| POPEYES, Coleslaw | 1.0 package | 16.94 |
| Soup, chicken, canned, chunky, ready-to-serve | 1.0 cups | 16.86 |
| Lemon juice, raw | 1.0 cups | 16.84 |
| Cookies, oatmeal, refrigerated dough | 1.0 oz | 16.75 |
| Cookies, shortbread, commercially prepared, pecan | 1.0 oz | 16.53 |
| Cookies, peanut butter, commercially prepared, regular | 1.0 oz | 16.49 |
| Archway Home Style Cookies, Raspberry Filled | 1.0 serving | 16.48 |
| Cookies, peanut butter, commercially prepared, soft-type | 1.0 oz | 16.36 |
| Soup, tomato, canned, condensed, reduced sodium | 1.0 serving 1/2 cups | 16.23 |
| Cake, angelfood, commercially prepared | 1.0 piece (1/12 of 12 oz cake) | 16.18 |
| Boysenberries, frozen, unsweetened | 1.0 cups, unthawed | 16.09 |
| Snacks, potato chips, made from dried potatoes, fat-free, made with olestra | 1.0 oz | 15.88 |
| Bread, irish soda, prepared from recipe | 1.0 oz | 15.88 |
| Snacks, potato chips, barbecue-flavor | 1.0 oz | 15.85 |
| Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink | 8.0 fl oz | 15.82 |
| Tomatoes, red, ripe, canned, stewed | 1.0 cups | 15.78 |
| Grapes, american type (slip skin), raw | 1.0 cups | 15.78 |
| Papayas, raw | 1.0 cups 1" pieces | 15.69 |
| Groundcherries, (cape-gooseberries or poha), raw | 1.0 cups | 15.68 |

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| Potatoes, boiled, cooked without skin, flesh, with salt | 0.5 cups | 15.61 |
| Potatoes, boiled, cooked without skin, flesh, without salt | 0.5 cups | 15.61 |
| Milk, dry, nonfat, regular, without added vitamin A and vitamin D | 0.25 cups | 15.59 |
| Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased | 10.0 strips | 15.59 |
| Squash, summer, zucchini, italian style, canned | 1.0 cups | 15.55 |
| Snacks, corn-based, extruded, puffs or twists, cheese-flavor | 1.0 oz crunchy (about 21 pieces) | 15.46 |
| Currants, red and white, raw | 1.0 cups | 15.46 |
| Bread, white, commercially prepared, toasted | 1.0 oz | 15.45 |
| Soup, beef and vegetables, canned, ready-to-serve | 1.0 cups | 15.4 |
| Salami, pork, beef, less sodium | 3.0 oz | 15.38 |
| Biscuits, plain or buttermilk, frozen, baked | 1.0 oz | 15.27 |
| Gooseberries, raw | 1.0 cups | 15.27 |
| Cake, coffeecake, creme-filled with chocolate frosting | 1.0 oz | 15.25 |
| Squash, winter, hubbard, cooked, boiled, mashed, with salt | 1.0 cups, mashed | 15.25 |
| Squash, winter, hubbard, cooked, boiled, mashed, without salt | 1.0 cups, mashed | 15.25 |
| Snacks, potato sticks | 1.0 oz | 15.11 |
| Milk substitutes, fluid, with lauric acid oil | 1.0 cups | 15.03 |
| Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared | 1.0 oz | 14.97 |
| Onions, raw | 1.0 cups, chopped | 14.94 |
| Bread, oatmeal, toasted | 1.0 oz | 14.94 |
| Peaches, canned, water pack, solids and liquids | 1.0 cups, halves or slices | 14.91 |
| Chocolate, dark, 60-69% cacao solids | 1.0 oz | 14.86 |
| Milk, buttermilk, dried | 0.25 cups | 14.7 |
| Milk, dry, nonfat, calcium reduced | 1.0 oz | 14.69 |
| Snacks, oriental mix, rice-based | 1.0 oz | 14.63 |
| Soup, chicken with rice, canned, condensed | 0.5 cups | 14.58 |
| Ice creams, vanilla, light, no sugar added | 1.0 serving 1/2 cups | 14.57 |
| Nuts, butternuts, dried | 1.0 cups | 14.46 |
| Cookies, peanut butter sandwich, special dietary | 1.0 oz | 14.4 |
| Snacks, potato chips, made from dried potatoes, cheese-flavor | 1.0 oz | 14.35 |
| Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids | 0.5 cups | 14.3 |
| Cookies, brownies, prepared from recipe | 1.0 oz | 14.23 |
| Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate | 1.0 fl oz | 14.16 |
| Onions, frozen, whole, cooked, boiled, drained, without salt | 1.0 cups | 14.07 |
| Apples, raw, without skin | 1.0 cups slices | 14.04 |
| Bread, cracked-wheat | 1.0 oz | 14.03 |
| Cheese, parmesan, grated | 1.0 cups | 13.91 |
| Bagels, oat bran | 1.0 mini bagel (2-1/2" dia) | 13.86 |
| Seeds, safflower seed meal, partially defatted | 1.0 oz | 13.81 |

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| Bread, wheat | 1.0 slice | 13.79 |
| Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted | 1.0 mini bagel (2-1/2" dia) | 13.77 |
| Cake, shortcake, biscuit-type, prepared from recipe | 1.0 oz | 13.75 |
| Dessert topping, powdered, 1.5 ounce prepared with 1/2 cups milk | 1.0 cups | 13.7 |
| Bread, rye | 1.0 oz | 13.69 |
| Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim) | 1.0 cups | 13.68 |
| Bread, whole-wheat, commercially prepared | 1.0 slice | 13.67 |
| Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D | 1.0 cups | 13.58 |
| Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D | 1.0 cups | 13.51 |
| Fish, herring, Atlantic, pickled | 1.0 cups | 13.5 |
| Biscuits, mixed grain, refrigerated dough | 1.0 oz | 13.44 |
| Croissants, cheese | 1.0 oz | 13.32 |
| CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup | 1.0 cups | 13.15 |
| Milk, sheep, fluid | 1.0 cups | 13.13 |
| Muffins, English, mixed-grain (includes granola) | 1.0 oz | 13.13 |
| Potatoes, flesh and skin, raw | 0.5 cups, diced | 13.12 |
| Beets, raw | 1.0 cups | 13 |
| Beverages, Protein powder soy based | 1.0 scoop | 13 |
| Croissants, butter | 1.0 oz | 12.98 |
| Danish pastry, cinnamon, enriched | 1.0 oz | 12.64 |
| Nuts, coconut meat, dried (desiccated), toasted | 1.0 oz | 12.59 |
| Cereals ready-to-eat, rice, puffed, fortified | 1.0 cups | 12.57 |
| Bread, reduced-calorie, white | 1.0 oz | 12.56 |
| Sweeteners, for baking, brown, contains sugar and sucralose | 1.0 tbsp | 12.53 |
| Bread, protein (includes gluten) | 1.0 oz | 12.42 |
| Bread, cornbread, prepared from recipe, made with low fat (2%) milk | 1.0 oz | 12.33 |
| Bread, white wheat | 1.0 slice | 12.29 |
| Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk) | 1.0 oz | 12.28 |
| Bread, reduced-calorie, oatmeal | 1.0 oz | 12.28 |
| Figs, raw | 1.0 large (2-1/2" dia) | 12.28 |
| Carrots, raw | 1.0 cups chopped | 12.26 |
| Cheese spread, pasteurized process, American | 1.0 cups, diced | 12.22 |
| Pie, fried pies, fruit | 1.0 oz | 12.08 |
| Bread, reduced-calorie, wheat | 1.0 oz | 12.04 |
| Yogurt, plain, low fat | 1.0 container (6 oz) | 11.97 |
| Soup, cream of chicken, canned, condensed, reduced sodium | 0.5 cups | 11.78 |
| Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat | 1.0 cups (1 NLEA serving) | 11.46 |
| Milk, producer, fluid, 3.7% milkfat | 1.0 cups | 11.35 |
| Bread, oat bran | 1.0 oz | 11.28 |
| Pie, cherry, commercially prepared | 1.0 oz | 11.28 |

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| Dessert topping, pressurized | 1.0 cups | 11.25 |
| Gravy, beef, canned, ready-to-serve | 1.0 cups | 11.21 |
| Alcoholic beverage, liqueur, coffee, 63 proof | 1.0 fl oz | 11.21 |
| Candies, MOUNDS Candy Bar | 1.0 bar snack size | 11.19 |
| Onions, sweet, raw | 1.0 NLEA serving | 11.17 |
| Mountain yam, hawaii, raw | 0.5 cups, cubes | 11.08 |
| Crackers, melba toast, rye (includes pumpernickel) | 0.5 oz | 10.98 |
| Cake, cherry fudge with chocolate frosting | 1.0 oz | 10.77 |
| Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt | 1.0 cups slices | 10.64 |
| Danish pastry, cheese | 1.0 oz | 10.55 |
| Croissants, apple | 1.0 oz | 10.52 |
| Chicory roots, raw | 1.0 root | 10.51 |
| Crackers, rye, wafers, seasoned | 0.5 oz | 10.48 |
| Croutons, plain | 0.5 oz | 10.44 |
| POPEYES, Mild Chicken Strips, analyzed 2006 | 1.0 strip | 10.43 |
| Peas, edible-podded, frozen, unprepared | 1.0 cups | 10.37 |
| Crackers, rusk toast | 0.5 oz | 10.27 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA | 5.0 fl oz | 10.24 |
| Nuts, coconut cream, canned, sweetened | 1.0 tbsp | 10.11 |
| Seeds, sesame flour, low-fat | 1.0 oz | 10.07 |
| Pie, blueberry, commercially prepared | 1.0 oz | 9.89 |
| Mollusks, oyster, eastern, cooked, breaded and fried | 3.0 oz | 9.88 |
| Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 1.0 cups | 9.84 |
| POPEYES, Spicy Chicken Strips, analyzed 2006 | 1.0 strip | 9.82 |
| Crackers, standard snack-type, regular | 5.0 crackers | 9.81 |
| Vegetable juice cocktail, canned | 1.0 cups | 9.79 |
| Cheese food, pasteurized process, American, vitamin D fortified | 1.0 cups | 9.67 |
| Cheese, cottage, nonfat, uncreamed, dry, large or small curd | 1.0 cups (not packed) | 9.66 |
| Soup, vegetable beef, microwavable, ready-to-serve, single brand | 1.0 serving | 9.64 |
| Baking chocolate, MARS SNACKFOOD US, M & M's Milk Chocolate Mini Baking Bits | 1.0 serving 0.5 oz, about 1 tbsp | 9.58 |
| Crackers, saltines, whole wheat (includes multi-grain) | 1.0 serving | 9.55 |
| Yardlong bean, cooked, boiled, drained, without salt | 1.0 cups slices | 9.55 |
| Nuts, chestnuts, chinese, boiled and steamed | 1.0 oz | 9.54 |
| Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt | 1.0 leek | 9.45 |
| Taro, tahitian, cooked, without salt | 1.0 cups slices | 9.38 |
| Pie, banana cream, prepared from recipe | 1.0 oz | 9.33 |
| Baking chocolate, MARS SNACKFOOD US, M & M's Semisweet Chocolate Mini Baking Bits | 1.0 serving 0.5 oz, about 1 tbsp | 9.23 |
| Croutons, seasoned | 0.5 oz | 9.02 |
| Cheese, ricotta, whole milk | 0.5 cups | 9.01 |
| Alcoholic beverage, pina colada, canned | 1.0 fl oz | 9 |

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| Edamame, frozen, unprepared | 1.0 cups | 8.98 |
| Soup, cream of celery, canned, prepared with equal volume water | 1.0 cups | 8.98 |
| Soup, beef noodle, canned, condensed | 0.5 cups | 8.95 |
| Carambola, (starfruit), raw | 1.0 cups, cubes | 8.88 |
| Crackers, standard snack-type, sandwich, with cheese filling | 0.5 oz | 8.76 |
| Beans, snap, green, frozen, cooked, boiled, drained without salt | 1.0 cups | 8.71 |
| Cereals, CREAM OF WHEAT, instant, dry | 1.0 tbsp | 8.68 |
| Tomato juice, canned, without salt added | 1.0 cups | 8.58 |
| Tomato juice, canned, with salt added | 1.0 cups | 8.58 |
| Soup, cream of mushroom, canned, condensed | 0.5 cups | 8.57 |
| Drumstick pods, raw | 1.0 cups slices | 8.53 |
| Crackers, cheese, regular | 0.5 oz | 8.44 |
| Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched | 1.0 cookie | 8.43 |
| Soup, chicken gumbo, canned, condensed | 0.5 cups (4 fl oz) | 8.4 |
| Tomatoes, red, ripe, canned, packed in tomato juice | 1.0 cups | 8.33 |
| Crackers, standard snack-type, sandwich, with peanut butter filling | 0.5 oz | 8.29 |
| Crackers, wheat, sandwich, with cheese filling | 0.5 oz | 8.26 |
| Soup, onion, canned, condensed | 0.5 cups (4 fl oz) | 8.22 |
| Turnip greens, frozen, cooked, boiled, drained, without salt | 1.0 cups | 8.17 |
| Carrots, canned, regular pack, drained solids | 1.0 cups, sliced | 8.09 |
| Onions, frozen, whole, unprepared | 0.33 package (10 oz) | 8.03 |
| Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt | 1.0 cups | 8 |
| Soup, cream of shrimp, canned, prepared with equal volume water | 1.0 cups | 7.98 |
| Yogurt, plain, whole milk | 1.0 container (6 oz) | 7.92 |
| Brussels sprouts, raw | 1.0 cups | 7.88 |
| Bamboo shoots, raw | 1.0 cups (1/2" slices) | 7.85 |
| Tree fern, cooked, without salt | 0.5 cups, chopped | 7.8 |
| Turnip greens and turnips, frozen, cooked, boiled, drained, with salt | 1.0 cups | 7.73 |
| Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping | 1.0 serving | 7.73 |
| Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter | 3.0 oz | 7.68 |
| Crackers, wheat, sandwich, with peanut butter filling | 0.5 oz | 7.64 |
| Beans, kidney, mature seeds, sprouted, raw | 1.0 cups | 7.54 |
| Beverages, chocolate powder, no sugar added | 2.0 tbsp | 7.51 |
| Cream, whipped, cream topping, pressurized | 1.0 cups | 7.49 |
| Broccoli, frozen, chopped, unprepared | 1.0 cups | 7.46 |
| Peas, edible-podded, raw | 1.0 cups, chopped | 7.4 |
| Cheese, mozzarella, low moisture, part-skim | 1.0 cups, diced | 7.37 |
| Cheese, mexican, queso chihuahua | 1.0 cups, diced | 7.34 |
| Snacks, rice cakes, brown rice, corn | 1.0 cake | 7.31 |

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| Cardoon, raw | 1.0 cups, shredded | 7.24 |
| Cake, cheesecake, commercially prepared | 1.0 oz | 7.23 |
| Snacks, rice cakes, brown rice, multigrain | 1.0 cake | 7.21 |
| Snacks, rice cakes, brown rice, buckwheat | 1.0 cake | 7.21 |
| Beverages, Whiskey sour mix, bottled | 1.0 fl oz | 6.91 |
| Whiskey sour mix, bottled, with added potassium and sodium | 1.0 fl oz | 6.91 |
| Spinach, canned, regular pack, solids and liquids | 1.0 cups | 6.83 |
| Sausage, chicken, beef, pork, skinless, smoked | 1.0 link | 6.8 |
| Turnips, frozen, cooked, boiled, drained, without salt | 1.0 cups | 6.79 |
| Nuts, coconut meat, dried (desiccated), not sweetened | 1.0 oz | 6.7 |
| Carrots, canned, no salt added, solids and liquids | 0.5 cups slices | 6.59 |
| Puddings, chocolate, ready-to-eat | 1.0 oz | 6.52 |
| Onions, frozen, chopped, unprepared | 0.33 package (10 oz) | 6.48 |
| Cheese, ricotta, part skim milk | 0.5 cups | 6.37 |
| Jute, potherb, cooked, boiled, drained, without salt | 1.0 cups | 6.34 |
| Okra, frozen, unprepared | 0.33 package (10 oz) | 6.3 |
| Turnip greens, cooked, boiled, drained, without salt | 1.0 cups, chopped | 6.28 |
| Bread, stuffing, cornbread, dry mix, prepared | 1.0 oz | 6.21 |
| Soybeans, mature seeds, sprouted, cooked, steamed | 1.0 cups | 6.14 |
| Collards, frozen, chopped, unprepared | 0.33 package (10 oz) | 6.14 |
| Milk shakes, thick chocolate | 1.0 fl oz | 6.01 |
| Celery, cooked, boiled, drained, without salt | 1.0 cups, diced | 6 |
| Nuts, mixed nuts, oil roasted, with peanuts, lightly salted | 1.0 oz | 5.97 |
| Asparagus, canned, drained solids | 1.0 cups | 5.95 |
| Okra, frozen, cooked, boiled, drained, without salt | 0.5 cups slices | 5.9 |
| Cheese, feta | 1.0 cups, crumbled | 5.82 |
| Candies, caramels, chocolate-flavor roll | 1.0 piece | 5.79 |
| Mollusks, mussel, blue, raw | 1.0 cups | 5.54 |
| Amaranth leaves, cooked, boiled, drained, without salt | 1.0 cups | 5.43 |
| Candies, truffles, prepared-from-recipe | 1.0 piece | 5.39 |
| Cheese, cottage, lowfat, 2% milkfat | 4.0 oz | 5.38 |
| Mushrooms, portabella, grilled | 1.0 cups sliced | 5.37 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA | 1.0 scoop | 5.22 |
| Cheese, cottage, creamed, with fruit | 4.0 oz | 5.21 |
| Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt | 1.0 cups | 5.2 |
| Pokeberry shoots, (poke), cooked, boiled, drained, without salt | 1.0 cups | 5.12 |
| Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program) | 0.5 cups slices | 5.06 |
| Beverages, cranberry-apricot juice drink, bottled | 1.0 fl oz | 4.96 |
| Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt | 1.0 cups, sliced | 4.84 |
| Alcoholic beverage, daiquiri, canned | 1.0 fl oz | 4.79 |

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| Mollusks, oyster, eastern, farmed, raw | 3.0 oz | 4.7 |
| Mollusks, oyster, eastern, wild, cooked, moist heat | 3.0 oz | 4.63 |
| Cheese, cheddar (Includes foods for USDA's Food Distribution Program) | 1.0 cups, diced | 4.45 |
| Salad dressing, russian dressing, low calorie | 1.0 tablespoon | 4.42 |
| Sauce, cheese, ready-to-serve | 0.25 cups | 4.3 |
| Beverages, cranberry-grape juice drink, bottled | 1.0 fl oz | 4.28 |
| Onions, dehydrated flakes | 1.0 tbsp | 4.16 |
| Alcoholic beverage, whiskey sour, canned | 1.0 fl oz | 4.13 |
| Kanpyo, (dried gourd strips) | 1.0 strip | 4.1 |
| Turnip greens, frozen, cooked, boiled, drained, with salt | 0.5 cups | 4.08 |
| Purslane, cooked, boiled, drained, without salt | 1.0 cups | 4.08 |
| Gravy, brown instant, dry | 1.0 serving | 4.01 |
| Ham, honey, smoked, cooked | 1.0 oz (1 serving) | 4 |
| Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil | 3.0 oz (3 oz) | 3.99 |
| Radishes, raw | 1.0 cups slices | 3.94 |
| Cauliflower, green, raw | 1.0 cups | 3.9 |
| Cheese, cottage, creamed, large or small curd | 4.0 oz | 3.82 |
| Mushrooms, Chanterelle, raw | 1.0 cups | 3.7 |
| Asparagus, cooked, boiled, drained | 0.5 cups | 3.7 |
| Turkey, white, rotisserie, deli cut | 1.0 oz (1 serving) | 3.7 |
| Water convolvulus, cooked, boiled, drained, with salt | 1.0 cups, chopped | 3.63 |
| Chicken, broilers or fryers, dark meat, meat only, cooked, fried | 1.0 cups | 3.63 |
| Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D | 1.0 fl oz | 3.62 |
| Salad dressing, thousand island dressing, reduced fat | 1.0 tablespoon | 3.61 |
| Mollusks, oyster, eastern, wild, cooked, dry heat | 3.0 oz | 3.6 |
| Peppers, pasilla, dried | 1.0 pepper | 3.58 |
| Cream, fluid, light whipping | 1.0 cups, whipped | 3.55 |
| Alcoholic beverage, tequila sunrise, canned | 1.0 fl oz | 3.51 |
| Tofu, raw, firm, prepared with calcium sulfate | 0.5 cups | 3.5 |
| Asparagus, frozen, cooked, boiled, drained, without salt | 1.0 cups | 3.46 |
| Balsam-pear (bitter gourd), pods, raw | 1.0 cups (1/2" pieces) | 3.44 |
| Cream, fluid, heavy whipping | 1.0 cups, whipped | 3.41 |
| Kale, frozen, unprepared | 1.0 cups | 3.27 |
| Liverwurst spread | 0.25 cups | 3.24 |
| Milk, canned, evaporated, with added vitamin D and without added vitamin A | 1.0 fl oz | 3.16 |
| Egg, yolk, raw, frozen, sugared, pasteurized | 1.0 oz | 3.1 |
| Cheese, cottage, lowfat, 1% milkfat | 4.0 oz | 3.07 |
| Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 1.0 cups, shredded | 3.03 |

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| Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt | 1.0 cups, shredded | 3.03 |
| Asparagus, canned, regular pack, solids and liquids | 0.5 cups | 3.03 |
| Nuts, almond butter, plain, with salt added | 1.0 tbsp | 3.01 |
| Turnip greens, frozen, unprepared | 0.5 cups, chopped or diced | 3.01 |
| Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend | 1.0 serving 8 oz | 3 |
| Cheese, pasteurized process, swiss | 1.0 cups, diced | 2.94 |
| Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops | 1.0 serving 1.75 fl oz pop | 2.83 |
| Cheese, provolone | 1.0 cups, diced | 2.82 |
| Cress, garden, raw | 1.0 cups | 2.75 |
| Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed | 1.0 fl oz | 2.7 |
| Cheese, mozzarella, whole milk | 1.0 cups, shredded | 2.69 |
| Chicken, broilers or fryers, meat and skin, cooked, fried, flour | 3.0 oz | 2.68 |
| Crustaceans, spiny lobster, mixed species, cooked, moist heat | 3.0 oz | 2.65 |
| Sausage, turkey, hot, smoked | 2.0 oz | 2.6 |
| Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing | 1.0 tbsp | 2.53 |
| Mollusks, oyster, Pacific, raw | 1.0 medium | 2.48 |
| Beverages, Energy drink, AMP, sugar free | 8.0 fl oz | 2.47 |
| Cabbage, chinese (pe-tsai), raw | 1.0 cups, shredded | 2.45 |
| Salad dressing, mayonnaise, imitation, soybean | 1.0 tbsp | 2.4 |
| Beerwurst, pork and beef | 1.0 serving 2 oz | 2.39 |
| 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 | 2.25 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA | 1.0 fl oz | 2.19 |
| Kielbasa, Polish, turkey and beef, smoked | 1.0 serving 2 oz | 2.18 |
| Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed | 1.0 fl oz | 2.17 |
| Salad dressing, mayonnaise type, regular, with salt | 1.0 tbsp | 2.17 |
| Frankfurter, meat | 1.0 serving (1 hot dog) | 2.17 |
| Egg substitute, powder | 0.35 oz | 2.16 |
| Chicory, witloof, raw | 1.0 head | 2.12 |
| Beerwurst, beer salami, pork and beef | 2.0 oz | 2.11 |
| Nabisco, Nabisco Ritz Crackers | 1.0 cracker | 2.1 |
| Spices, cinnamon, ground | 1.0 tsp | 2.1 |
| Bologna, meat and poultry | 1.0 slice | 2.08 |
| Sausage, pork and turkey, pre-cooked | 1.0 serving | 2.07 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready-to-feed with ARA and DHA | 1.0 fl oz | 2.03 |
| MORI-NU, Tofu, silken, firm | 1.0 slice | 2.02 |
| Spices, turmeric, ground | 1.0 tsp | 2.01 |
| Cheese, American, nonfat or fat free | 1.0 serving | 2 |
| Parmesan cheese topping, fat free | 1.0 tablespoon | 2 |

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| Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 4.0 oz | 1.98 |
| Gourd, white-flowered (calabash), raw | 0.5 cups (1" pieces) | 1.97 |
| Arrowhead, cooked, boiled, drained, without salt | 1.0 medium | 1.94 |
| Bologna, pork and turkey, lite | 1.0 serving 2 oz | 1.93 |
| Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium | 2.0 oz 1 NLEA serving | 1.9 |
| Cheese, swiss | 1.0 cups, diced | 1.9 |
| Bologna, pork, turkey and beef | 1.0 oz | 1.89 |
| Mollusks, octopus, common, raw | 3.0 oz | 1.87 |
| Barbecue loaf, pork, beef | 1.0 oz | 1.81 |
| Sausage, Italian, sweet, links | 1.0 link 3 oz | 1.76 |
| Soup, beef broth, bouillon, consomme, prepared with equal volume water | 1.0 cups (8 fl oz) | 1.76 |
| Cowpeas, leafy tips, raw | 1.0 cups, chopped | 1.74 |
| Cream substitute, liquid, with lauric acid oil and sodium caseinate | 1.0 container, individual | 1.71 |
| Beverages, Energy drink, ROCKSTAR, sugar free | 8.0 fl oz | 1.68 |
| Salad dressing, mayonnaise, imitation, milk cream | 1.0 tablespoon | 1.67 |
| Beet greens, raw | 1.0 cups | 1.65 |
| Sausage, pork and beef, with cheddar cheese, smoked | 12.0 oz serving 2.7 oz | 1.64 |
| Bologna, chicken, turkey, pork | 1.0 serving | 1.58 |
| Alcoholic beverage, wine, table, white, Muscat | 1.0 fl oz | 1.57 |
| 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 |
| Orange peel, raw | 1.0 tbsp | 1.5 |
| Cheese, muenster | 1.0 cups, diced | 1.48 |
| Purslane, raw | 1.0 cups | 1.46 |
| Beverages, coffee, instant, decaffeinated, powder | 1.0 tsp rounded | 1.37 |
| Cheese, pasteurized process, American, fortified with vitamin D | 1.0 oz | 1.36 |
| Cream, fluid, half and half | 1.0 fl oz | 1.3 |
| Salad dressing, sesame seed dressing, regular | 1.0 tablespoon | 1.29 |
| Spices, ginger, ground | 1.0 tsp | 1.29 |
| Longans, dried | 1.0 fruit | 1.26 |
| Beef, Australian, imported, grass-fed, seam fat, raw | 4.0 oz | 1.2 |
| Broccoli raab, raw | 1.0 cups chopped | 1.14 |
| Hormel Pillow Pak Sliced Turkey Pepperoni | 1.0 serving | 1.13 |
| Spices, curry powder | 1.0 tsp | 1.12 |
| Alcoholic beverage, wine, table, white, Riesling | 1.0 fl oz | 1.11 |
| Cream, fluid, light (coffee cream or table cream) | 1.0 fl oz | 1.1 |
| Spinach, raw | 1.0 cups | 1.09 |
| Spices, nutmeg, ground | 1.0 tsp | 1.08 |

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| Bratwurst, pork, beef and turkey, lite, smoked | 1.0 serving 2.33 oz | 1.07 |
| Spices, anise seed | 1.0 tsp, whole | 1.05 |
| Spices, caraway seed | 1.0 tsp | 1.05 |
| Cheese, neufchatel | 1.0 oz | 1.02 |
| Sweetener, herbal extract powder from Stevia leaf | 1.0 package | 1 |
| Nuts, coconut cream, raw (liquid expressed from grated meat) | 1.0 tbsp | 1 |
| Onions, frozen, chopped, cooked, boiled, drained, without salt | 1.0 tbsp chopped | 0.99 |
| Alcoholic beverage, wine, table, white, Chenin Blanc | 1.0 fl oz | 0.98 |
| Spices, savory, ground | 1.0 tsp | 0.96 |
| Kale, raw | 1.0 cups | 0.93 |
| Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw | 4.0 oz | 0.93 |
| Alcoholic beverage, wine, table, white, Semillon | 1.0 fl oz | 0.92 |
| Chicken breast, oven-roasted, fat-free, sliced | 1.0 serving 2 slices | 0.91 |
| Chicken, skin (drumsticks and thighs), raw | 4.0 oz | 0.89 |
| Alcoholic Beverage, wine, table, red, Claret | 1.0 fl oz | 0.88 |
| Braunschweiger (a liver sausage), pork | 1.0 oz | 0.88 |
| Pastrami, beef, 98% fat-free | 1.0 serving 6 slices | 0.88 |
| Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw | 4.0 oz | 0.86 |
| Spices, mace, ground | 1.0 tsp | 0.86 |
| Endive, raw | 0.5 cups, chopped | 0.84 |
| Grapes, muscadine, raw | 1.0 grape | 0.84 |
| Cheese, cream | 1.0 tbsp | 0.8 |
| Alcoholic Beverage, wine, table, red, Petite Sirah | 1.0 fl oz | 0.79 |
| Alcoholic Beverage, wine, table, red, Cabernet Sauvignon | 1.0 fl oz | 0.76 |
| Alcoholic beverage, wine, table, white | 1.0 fl oz | 0.76 |
| Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled | 3.0 oz | 0.76 |
| Alcoholic Beverage, wine, table, red, Lemberger | 1.0 fl oz | 0.72 |
| Soup, chicken broth or bouillon, dry | 1.0 cube | 0.72 |
| Alcoholic Beverage, wine, table, red, Cabernet Franc | 1.0 fl oz | 0.72 |
| Cheese, blue | 1.0 oz | 0.66 |
| Spices, thyme, dried | 1.0 tsp, leaves | 0.64 |
| Cream, sour, reduced fat, cultured | 1.0 tbsp | 0.64 |
| Alcoholic beverage, wine, table, white, Chardonnay | 1.0 fl oz | 0.63 |
| Alcoholic beverage, wine, table, white, Sauvignon Blanc | 1.0 fl oz | 0.6 |
| Alcoholic beverage, wine, table, white, Pinot Blanc | 1.0 fl oz | 0.57 |
| Spices, mustard seed, ground | 1.0 tsp | 0.56 |
| Sour dressing, non-butterfat, cultured, filled cream-type | 1.0 tbsp | 0.56 |
| Cream, sour, cultured | 1.0 tbsp | 0.56 |
| Fish, roe, mixed species, cooked, dry heat | 1.0 oz | 0.54 |
| Vanilla extract | 1.0 tsp | 0.53 |
| Olives, ripe, canned (small-extra large) | 1.0 tbsp | 0.51 |
| Salad dressing, french, home recipe | 1.0 tablespoon | 0.48 |

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| Snacks, pork skins, barbecue-flavor | 1.0 oz | 0.45 |
| Spices, bay leaf | 1.0 tsp, crumbled | 0.45 |
| Pork, cured, ham, rump, bone-in, separable lean and fat, unheated | 3.0 oz | 0.44 |
| Chicken, broilers or fryers, giblets, raw | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.41 |
| Beverages, tea, instant, unsweetened, powder | 1.0 serving 1 tsp | 0.41 |
| Beverages, coffee substitute, cereal grain beverage, prepared with water | 1.0 fl oz | 0.39 |
| Alcoholic beverage, beer, light, BUD LIGHT | 1.0 fl oz | 0.38 |
| Egg, whole, cooked, fried | 1.0 large | 0.38 |
| Salad dressing, mayonnaise, soybean and safflower oil, with salt | 1.0 tablespoon | 0.37 |
| Turkey, breast, smoked, lemon pepper flavor, 97% fat-free | 1.0 slice | 0.37 |
| Chicken, broilers or fryers, leg, meat only, cooked, fried | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.36 |
| Spices, marjoram, dried | 1.0 tsp | 0.36 |
| Egg, whole, raw, fresh | 1.0 large | 0.36 |
| Ginger root, raw | 1.0 tsp | 0.36 |
| Egg, whole, cooked, poached | 1.0 large | 0.35 |
| Turkey, retail parts, thigh, meat and skin, cooked, roasted | 3.0 oz | 0.35 |
| Pork, cured, ham, shank, bone-in, separable lean and fat, unheated | 3.0 oz | 0.35 |
| Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 4.0 oz | 0.34 |
| Beverages, Propel Zero, fruit-flavored, non-carbonated | 1.0 fl oz | 0.34 |
| Salami, Italian, pork | 1.0 oz | 0.34 |
| Spices, tarragon, dried | 1.0 tsp, leaves | 0.3 |
| Pork, cured, ham, rump, bone-in, separable lean only, unheated | 3.0 oz | 0.27 |
| Sausage, turkey, fresh, raw | 1.0 serving | 0.27 |
| Chicken, broiler, rotisserie, BBQ, back meat only | 3.0 oz | 0.26 |
| Egg, white, raw, fresh | 1.0 large | 0.24 |
| Pork, ground, 96% lean / 4% fat, raw | 4.0 oz | 0.24 |
| Turkey, all classes, back, meat and skin, cooked, roasted | 1.0 cups, chopped or diced | 0.22 |
| Bacon and beef sticks | 1.0 oz | 0.22 |
| Frankfurter, pork | 1.0 link | 0.21 |
| Sesbania flower, raw | 1.0 flower | 0.2 |
| Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw | 4.0 oz | 0.18 |
| Pork sausage, link/patty, reduced fat, unprepared | 3.0 oz | 0.17 |
| Pork sausage, link/patty, fully cooked, unheated | 1.0 link | 0.16 |
| Turkey, drumstick, from whole bird, meat only, raw | 4.0 oz | 0.16 |
| Pork, cured, ham, shank, bone-in, separable lean only, unheated | 3.0 oz | 0.15 |
| Cheese, camembert | 1.0 oz | 0.13 |
| Margarine-like, margarine-butter blend, soybean oil and butter | 1.0 tbsp | 0.11 |

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| Olives, pickled, canned or bottled, green | 1.0 olive | 0.1 |
| Egg, whole, cooked, omelet | 1.0 tbsp | 0.1 |
| Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine | 1.0 fl oz | 0.09 |
| Salad dressing, mayonnaise, regular | 1.0 tbsp | 0.08 |
| Arugula, raw | 1.0 leaf | 0.07 |
| Dill weed, fresh | 5.0 sprigs | 0.07 |
| Turkey, whole, dark meat, meat and skin, cooked, roasted | 3.0 oz | 0.06 |
| Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised | 3.0 oz | 0.03 |
| Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw | 4.0 oz | 0.01 |