

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

Description	Measure	Protein(g)Per Measure
Beverages, Whey protein powder isolate	3.0 scoop	50
Chicken, gizzard, all classes, cooked, simmered	1.0 cup chopped or dice	44.07
Beans, pink, mature seeds, raw	1.0 cup	44.02
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	43.32
Beans, black, mature seeds, raw	1.0 cup	41.9
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cup	40.59
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cup, diced	39.7
Beans, adzuki, mature seeds, raw	1.0 cup	39.14
Peanuts, valencia, oil-roasted, without salt	1.0 cup	38.94
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cup, chopped or diced	37.23
Cheese, swiss	1.0 cup, diced	35.59
Peanuts, all types, dry-roasted, without salt	1.0 cup	35.55
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cup, chopped or diced	35.45
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1.0 cup	35.21
Cheese, pasteurized process, swiss	1.0 cup, diced	34.62
Cheese, provolone	1.0 cup, diced	33.77
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	33.45
Soybeans, green, raw	1.0 cup	33.15
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	32.16
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw meat)	32.1
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cup, diced	31.43
Cheese, mozzarella, low moisture, part-skim	1.0 cup, diced	31.35
Cheese, muenster	1.0 cup, diced	30.9
Candies, confectioner's coating, peanut butter	1.0 cup chips	30.74
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cup, diced	30.19
Fish, bluefish, raw	1.0 fillet	30.06
Fish, bluefish, cooked, dry heat	1.0 fillet	30.06
Nuts, butternuts, dried	1.0 cup	29.88
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	29.41
Nuts, almonds, dry roasted, without salt added	1.0 cup whole kernels	28.92
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	28.71
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	28.63
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	28.55
Cheese, mexican, queso chihuahua	1.0 cup, diced	28.46
Cheese, parmesan, grated	1.0 cup	28.42
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.0 oz	27.2
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cup	27.08

Veal, shank (fore and hind), separable lean and fat, cooked, braised	3.0 oz	26.81
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	26.74
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	26.58
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	26.3
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	26.17
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	26.09
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	25.97
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	25.87
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	25.85
Veal, breast, whole, boneless, separable lean only, cooked, braised	3.0 oz	25.77
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	25.75
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	25.65
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	25.61
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	25.6
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	25.47
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw meat)	25.31
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	25.25
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	25.03
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	25.02
Beverages, Protein powder soy based	1.0 scoop	25
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	24.95
Cheese, mozzarella, whole milk	1.0 cup, shredded	24.83
Turkey, ground, fat free, patties, broiled	3.0 oz	24.64
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	24.58
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	24.51
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	24.5
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	24.28
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.0 oz	24.21
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	24.13
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	23.98
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	23.98
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	23.84
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	23.84
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	23.84
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	23.69

Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	23.66
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	23.42
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	23.38
Fish, tilapia, raw	1.0 fillet	23.29
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	23.27
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	23.26
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	23.22
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	23.21
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	23.21
Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	4.0 oz	23.2
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	23.18
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	23.15
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	23.1
Seeds, sunflower seed kernels, toasted, without salt	1.0 cup	23.06
Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.0 oz	23.04
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	23.04
Veal, Australian, shank, hind, bone-in, separable lean only, raw	4.0 oz	23.02
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	23.01
Cheese spread, pasteurized process, American	1.0 cup, diced	22.97
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	22.92
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	22.92
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	22.92
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	22.78
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	22.78
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	22.77
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	22.74
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	22.74
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	22.73
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3.0 oz	22.7
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	22.64
Fish, tuna, white, canned in oil, drained solids	3.0 oz	22.55
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	22.51
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	22.49
Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	22.45
Fish, burbot, cooked, dry heat	1.0 fillet	22.28
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	22.24
Soybeans, green, cooked, boiled, drained, without salt	1.0 cup	22.23

Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	22.22
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	22.19
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	22.1
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	21.99
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3.0 oz	21.96
Fish, salmon, chum, cooked, dry heat	3.0 oz	21.95
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	21.89
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	21.89
Tofu, raw, firm, prepared with calcium sulfate	0.5 cup	21.76
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	21.74
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	21.68
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	21.67
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	21.59
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.0 oz	21.54
Cheese, feta	1.0 cup, crumbled	21.32
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	21.17
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	21.15
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	21.11
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	21.06
Fish, pike, northern, cooked, dry heat	3.0 oz	20.99
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	20.79
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	20.75
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cup	20.73
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw meat)	20.68
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	20.67
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	20.43
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.42
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	20.36
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	20.26
Pork, cured, ham, shank, bone-in, separable lean only, unheated	3.0 oz	20.22
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	20.16
Fish, mahimahi, cooked, dry heat	3.0 oz	20.16
Fish, swordfish, cooked, dry heat	3.0 oz	19.93
Fish, herring, Atlantic, pickled	1.0 cup	19.87
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	19.78
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	19.7
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	19.64
Fish, salmon, pink, canned, drained solids	3.0 oz	19.64

Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	19.6
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	3.0 oz	19.45
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	4.0 oz	19.42
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	19.41
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	19.35
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	19.35
Fast foods, croissant, with egg, cheese, and ham	1.0 item	19.3
Fish, lingcod, cooked, dry heat	3.0 oz	19.24
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	19.23
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cup	19.05
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	18.94
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	18.93
Whey, sweet, dried	1.0 cup	18.75
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	18.57
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	18.55
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	3.0 oz	18.37
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	18.24
Soup, vegetable beef, microwavable, ready-to-serve, single brand	1.0 serving	18.1
Fast Foods, biscuit, with egg and sausage	1.0 item	18.03
Mollusks, mussel, blue, raw	1.0 cup	17.85
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	17.71
Guinea hen, meat only, raw	3.0 oz	17.54
Nuts, hazelnuts or filberts	1.0 cup, chopped	17.19
Fast foods, english muffin, with egg, cheese, and canadian bacon	1.0 sandwich	17.19
Fast foods, biscuit, with egg and bacon	1.0 biscuit	17
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	16.9
Fish, salmon, pink, canned, without salt, solids with bone and liquid	3.0 oz	16.81
Cereals ready-to-eat, granola, homemade	1.0 cup	16.68
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	16.51
Fish, pollock, Alaska, cooked	3.0 oz	16.51
Fish, grouper, mixed species, raw	3.0 oz	16.47
Snacks, pork skins, barbecue-flavor	1.0 oz	16.41
Wheat flour, white, bread, enriched	1.0 cup	16.41
Fish, mackerel, spanish, raw	3.0 oz	16.4
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	16.31
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	15.89
Squab, (pigeon), meat and skin, raw	3.0 oz	15.7
Corn grain, white	1.0 cup	15.64
Barley flour or meal	1.0 cup	15.54
Oat flour, partially debranned	1.0 cup	15.25
Beans, black turtle, mature seeds, cooked, boiled, without salt	1.0 cup	15.13
Salami, pork, beef, less sodium	3.0 oz	15.01
Fish, cisco, raw	1.0 fillet	15
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cup (not packed)	14.99
Fish, wolffish, Atlantic, raw	3.0 oz	14.88
Milk, sheep, fluid	1.0 cup	14.65
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	14.48
Beans, black turtle, mature seeds, canned	1.0 cup	14.47
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cup	14.43
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	14.41

Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cup	14.3
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	14.24
Seeds, sesame flour, low-fat	1.0 oz	14.21
Cheese, ricotta, part skim milk	0.5 cup	14.12
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	14
Fish, herring, Pacific, raw	3.0 oz	13.93
Fish, haddock, raw	3.0 oz	13.87
Sausage, Italian, sweet, links	1.0 link 3 oz	13.55
Edamame, frozen, unprepared	1.0 cup	13.24
Rice, white, long-grain, regular, raw, unenriched	1.0 cup	13.19
Beans, baked, canned, with pork	1.0 cup	13.13
Cheese substitute, mozzarella	1.0 cup, shredded	12.96
Wheat flour, white, all-purpose, unenriched	1.0 cup	12.91
Wheat flour, white, all-purpose, enriched, calcium-fortified	1.0 cup	12.91
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	12.82
Mollusks, octopus, common, raw	3.0 oz	12.67
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cup spaghetti	12.62
Cheese, cottage, creamed, large or small curd	4.0 oz	12.57
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cup	12.45
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	12.42
Soup, black bean, canned, condensed	1.0 cup (8 fl oz)	12.41
Soup, chicken, canned, chunky, ready-to-serve	1.0 cup	12.4
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	12.32
Fish, scup, cooked, dry heat	1.0 fillet	12.11
Cheese, cottage, creamed, with fruit	4.0 oz	12.08
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cup	11.97
Pasta, dry, enriched	1.0 cup spaghetti	11.87
Pasta, dry, unenriched	1.0 cup spaghetti	11.87
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	11.81
Cornmeal, white, self-rising, degermed, enriched	1.0 cup	11.61
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.0 cup	11.58
Eggnog	1.0 cup	11.56
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	11.42
Rice flour, brown	1.0 cup	11.42
Soup, chicken noodle, dry, mix	1.0 packet	11.41
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	11.17
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cup	11.09
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	11.07
Macaroni, vegetable, enriched, dry	1.0 cup spiral shaped	11.04
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.25 cup	10.85
Beef, Australian, imported, grass-fed, seam fat, raw	4.0 oz	10.83
Chicken, skin (drumsticks and thighs), raw	4.0 oz	10.83
Sausage, turkey, fresh, raw	1.0 serving	10.71
Peas, mature seeds, sprouted, raw	1.0 cup	10.56
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	10.45
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	10.39
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	10.37
Pork, fresh, variety meats and by-products, brain, cooked, braised	3.0 oz	10.32
Milk, buttermilk, dried	0.25 cup	10.29
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cup	10.24
Sorghum flour, whole-grain	1.0 cup	10.2

Seeds, safflower seed meal, partially defatted	1.0 oz	10.1
Milk, dry, nonfat, calcium reduced	1.0 oz	10.06
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	9.93
Cornmeal, whole-grain, white	1.0 cup	9.91
Ham, honey, smoked, cooked	1.0 oz (1 serving)	9.86
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	9.79
Teff, cooked	1.0 cup	9.75
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cup	9.74
Frankfurter, pork	1.0 link	9.74
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cup	9.72
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	9.71
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cup	9.67
Corn flour, yellow, masa, enriched	1.0 cup	9.64
Biscuits, plain or buttermilk, dry mix	1.0 cup, purchased	9.6
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	9.54
Cheese, ricotta, whole milk	0.5 cup	9.35
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	9.3
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	9.26
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	9.21
Yogurt, plain, low fat	1.0 container (6 oz)	8.93
George Weston Bakeries, Brownberry Sage and Onion Stuffing Mix, dry	1.0 serving	8.91
Gravy, beef, canned, ready-to-serve	1.0 cup	8.74
Garlic, raw	1.0 cup	8.65
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	8.59
Sausage, turkey, hot, smoked	2.0 oz	8.43
Soup, pea, green, canned, condensed	0.5 cup	8.37
Soup, bean with bacon, condensed, single brand	1.0 serving 1/2 cup	8.32
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.29
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cup	8.29
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	8.26
Bacon and beef sticks	1.0 oz	8.15
Fish, roe, mixed species, cooked, dry heat	1.0 oz	8.11
Noodles, egg, spinach, enriched, cooked	1.0 cup	8.06
Milk, producer, fluid, 3.7% milkfat	1.0 cup	8
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cup	7.96
Soup, beef and vegetables, canned, ready-to-serve	1.0 cup	7.95
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cup	7.92
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	7.86
Peas, green, raw	1.0 cup	7.86
Beerwurst, pork and beef	1.0 serving 2 oz	7.84
Beerwurst, beer salami, pork and beef	2.0 oz	7.84
Beans, kidney, mature seeds, sprouted, raw	1.0 cup	7.73
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	7.54

Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cup	7.47
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	7.45
Kielbasa, Polish, turkey and beef, smoked	1.0 serving 2 oz	7.34
Bologna, pork and turkey, lite	1.0 serving 2 oz	7.31
Noodles, egg, unenriched, cooked, without added salt	1.0 cup	7.26
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	7.16
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	7.05
Noodles, japanese, somen, cooked	1.0 cup	7.04
Potatoes, scalloped, home-prepared with butter	1.0 cup	7.03
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	2.0 oz 1 NLEA serving	7
Sausage, pork and turkey, pre-cooked	1.0 serving	6.87
Liverwurst spread	0.25 cup	6.81
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	6.77
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	6.63
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	6.57
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	6.56
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	6.48
Noodles, japanese, somen, dry	2.0 oz	6.47
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cup (1 NLEA serving)	6.33
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cup	6.29
Egg, whole, raw, fresh	1.0 large	6.28
Egg, whole, cooked, fried	1.0 large	6.26
Egg, whole, cooked, poached	1.0 large	6.25
Salami, Italian, pork	1.0 oz	6.08
Macaroni, vegetable, enriched, cooked	1.0 cup spiral shaped	6.07
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	6.07
Cheese, blue	1.0 oz	6.07
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.95
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	5.93
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.91
Yogurt, plain, whole milk	1.0 container (6 oz)	5.9
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.85
Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	1.0 slice	5.85
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cup	5.83
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.81
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.8
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.8
MORI-NU, Tofu, silken, firm	1.0 slice	5.8
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cup (1 NLEA serving)	5.78
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.74
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.0 cup	5.7

Taro, tahitian, cooked, without salt	1.0 cup slices	5.7
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	5.68
Cheese, camembert	1.0 oz	5.61
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cup	5.53
Egg substitute, powder	0.35 oz	5.49
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cup	5.49
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	5.47
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	5.46
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5.43
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	5.43
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.41
Noodles, egg, dry, unenriched	1.0 cup	5.38
Soup, beef broth, bouillon, consomme, prepared with equal volume water	1.0 cup (8 fl oz)	5.35
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5.34
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	5.34
Frankfurter, meat	1.0 serving (1 hot dog)	5.34
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5.32
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cup	5.31
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	5.26
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cup	5.23
Passion-fruit, (granadilla), purple, raw	1.0 cup	5.19
Asparagus, canned, drained solids	1.0 cup	5.18
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	5.14
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5.11
Fish, herring, Atlantic, raw	1.0 oz, boneless	5.09
Squash, winter, hubbard, baked, with salt	1.0 cup, cubes	5.08
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cup	5.06
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cup (1 NLEA serving)	5.06
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	5.04
Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cup	5
Bread, cheese	1.0 slice	5
Focaccia, Italian flatbread, plain	1.0 piece	5
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cup	4.99
Cream puff, eclair, custard or cream filled, iced	4.0 oz	4.98
Veal, breast, whole, boneless, separable lean and fat, raw	1.0 oz	4.95
Currants, zante, dried	1.0 cup	4.94
Spinach, canned, regular pack, solids and liquids	1.0 cup	4.94
Seeds, lotus seeds, dried	1.0 cup	4.93
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	4.92
Snacks, oriental mix, rice-based	1.0 oz	4.91
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.0 cup	4.87
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	4.87
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cup	4.86
Cereals, WHEATENA, cooked with water	1.0 cup	4.86
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cup (1 NLEA serving)	4.85

Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	4.82
Soup, beef noodle, canned, condensed	0.5 cup	4.81
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cup	4.75
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	4.73
Mollusks, oyster, Pacific, raw	1.0 medium	4.72
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	4.67
Fish, cisco, smoked	1.0 oz	4.64
Mckee Baking, Little Debbie Nutty Bars, Wafers with Peanut Butter, Chocolate Covered	1.0 serving	4.56
Barbecue loaf, pork, beef	1.0 oz	4.49
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cup	4.49
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cup	4.47
Pillsbury, Crusty French Loaf, refrigerated dough	1.0 serving	4.47
Mollusks, oyster, eastern, farmed, raw	3.0 oz	4.44
Mission Foods, Mission Flour Tortillas, Soft Taco, 8 inch	1.0 serving	4.44
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cup	4.43
Rice, white, medium-grain, cooked, unenriched	1.0 cup	4.43
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cup (1 NLEA serving)	4.42
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cup	4.39
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cup	4.39
Broccoli, frozen, chopped, unprepared	1.0 cup	4.38
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	4.34
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cup	4.3
Cowpeas (blackeyes), immature seeds, raw	1.0 cup	4.28
Milk substitutes, fluid, with lauric acid oil	1.0 cup	4.27
Rice, white, long-grain, regular, cooked, unenriched, with salt	1.0 cup	4.25
Sauce, cheese, ready-to-serve	0.25 cup	4.23
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cup	4.21
Tomato products, canned, puree, without salt added	1.0 cup	4.12
Tomato products, canned, puree, with salt added	1.0 cup	4.12
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.11
Braunschweiger (a liver sausage), pork	1.0 oz	4.11
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cup	4.11
Pillsbury, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	1.0 biscuit	4.1
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	4.08
Peas, edible-podded, frozen, unprepared	1.0 cup	4.03
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	4
Cheese, American, nonfat or fat free	1.0 serving	4
Bread, whole-wheat, commercially prepared	1.0 slice	3.98
Mushrooms, portabella, grilled	1.0 cup sliced	3.97
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	3.93
Bamboo shoots, raw	1.0 cup (1/2" slices)	3.93
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	3.92

	1.0 serving (approximate serving size)	
Bread, salvadoran sweet cheese (quesadilla salvadorena)		3.92
Bread, pound cake type, pan de torta salvadoran	1.0 serving	3.88
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	3.86
Tomato products, canned, sauce, with onions	1.0 cup	3.82
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.0 cup	3.79
Bread, reduced-calorie, wheat	1.0 oz	3.78
Soup, onion, canned, condensed	0.5 cup (4 fl oz)	3.76
	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	
Chicken, broilers or fryers, wing, meat only, raw		3.73
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cup	3.72
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	3.71
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	3.69
	1.0 serving 4 oz pudding cup	
Puddings, rice, ready-to-eat		3.65
	1.0 piece (1/12 of 8" dia)	
Cake, yellow, prepared from recipe without frosting		3.6
	1.0 serving 1/2 cup	
Ice creams, BREYERS, All Natural Light French Chocolate		3.6
POPEYES, biscuit	1.0 biscuit	3.6
Egg, white, raw, fresh	1.0 large	3.6
	1.0 slice presliced	
Garlic bread, frozen		3.59
	0.75 cup (1 NLEA serving)	
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes		3.57
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	3.52
Plantains, yellow, raw	1.0 plantain	3.51
Nuts, chestnuts, european, raw, unpeeled	1.0 cup	3.51
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cup, mashed	3.49
Squash, winter, hubbard, cooked, boiled, mashed, without salt	1.0 cup, mashed	3.49
	6.0 cracker 1 cracker = 6.5g	
Crackers, cheese, sandwich-type with cheese filling		3.48
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	3.43
Bread, protein (includes gluten)	1.0 oz	3.43
Bologna, meat and poultry	1.0 slice	3.41
Cream, fluid, heavy whipping	1.0 cup, whipped	3.41
	1.0 muffin	
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs		3.36
	1.0 tbsp	
Nuts, almond butter, plain, with salt added		3.35
	1.0 serving 1/2 cup	
Ice creams, BREYERS, All Natural Light Vanilla		3.29
Bologna, pork, turkey and beef	1.0 oz	3.28
	1.0 cup drained, rinsed	
Corn, sweet, yellow, canned, drained solids, rinsed with tap water		3.27
	1.0 serving 2.1 oz bar	
Candies, NESTLE, BUTTERFINGER Bar		3.24
Tomato products, canned, sauce, with tomato tidbits	1.0 cup	3.22
Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	1.0 serving	3.2
Jute, potherb, cooked, boiled, drained, without salt	1.0 cup	3.2
	0.75 cup (1 NLEA serving)	
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain		3.19
	1.0 serving 3.5 fl oz bar	
Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added		3.19
	1.0 serving 1/2 cup	
Ice creams, BREYERS, All Natural Light Mint Chocolate Chip		3.19

Rice noodles, cooked	1.0 cup	3.15
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	3.15
Bread, stuffing, dry mix	1.0 oz	3.12
Pork sausage, link/patty, fully cooked, unheated	1.0 link	3.1
Bread, wheat	1.0 slice	3.09
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	3.09
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	3.08
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	3.05
Milk, canned, condensed, sweetened	1.0 fl oz	3.02
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	3.01
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	3
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	3
Apricots, dried, sulfured, stewed, without added sugar	1.0 cup, halves	3
Beverages, V8 SPLASH Smoothies, Peach Mango	1.0 serving 8 oz	2.99
Beverages, V8 SPLASH Smoothies, Strawberry Banana	1.0 serving 8 oz	2.99
Bread, white wheat	1.0 slice	2.98
Brussels sprouts, raw	1.0 cup	2.97
Squash, winter, butternut, frozen, cooked, boiled, without salt	1.0 cup, mashed	2.95
Bread, oat bran	1.0 oz	2.95
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	2.94
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cup (1 NLEA serving)	2.93
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	1.0 cup	2.89
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cup	2.87
Keikitos (muffins), Latino bakery item	1.0 piece	2.86
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	2.84
Cookies, peanut butter sandwich, special dietary	1.0 oz	2.83
Bread, stuffing, cornbread, dry mix	1.0 oz	2.83
Cereals, CREAM OF RICE, dry	0.25 cup (1 NLEA serving)	2.83
Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	1.0 serving 13 pieces	2.79
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cup	2.79
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	2.78
Bologna, chicken, turkey, pork	1.0 serving	2.77
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cup	2.75
Peas, edible-podded, raw	1.0 cup, chopped	2.74
Snacks, potato chips, fat free, salted	1.0 oz	2.73
Soup, cream of shrimp, canned, prepared with equal volume water	1.0 cup	2.71
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cup	2.7
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	2.67
Veal, breast, separable fat, cooked	1.0 oz	2.66
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cup	2.66
Groundcherries, (cape-gooseberries or poha), raw	1.0 cup	2.66
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cup, shredded	2.65
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cup, shredded	2.65
Soup, chicken gumbo, canned, condensed	0.5 cup (4 fl oz)	2.65
Cracker, meal	1.0 oz	2.64
Yardlong bean, cooked, boiled, drained, without salt	1.0 cup slices	2.63

Rowal, raw	0.5 cup	2.62
Burdock root, cooked, boiled, drained, without salt	1.0 cup (1" pieces)	2.61
Bread, oatmeal, toasted	1.0 oz	2.61
Croissants, cheese	1.0 oz	2.61
Cream, fluid, light whipping	1.0 cup, whipped	2.6
Heinz, Weight Watcher, Chocolate Eclair, frozen	1.0 eclair, frozen	2.6
Cheese, neufchatel	1.0 oz	2.59
Muffins, English, mixed-grain (includes granola)	1.0 oz	2.58
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cup	2.57
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	2.56
Bread, white, commercially prepared, toasted	1.0 oz	2.55
Boysenberries, canned, heavy syrup	1.0 cup	2.53
Cookies, peanut butter, commercially prepared, regular	1.0 oz	2.53
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cup	2.52
Sweet potato, canned, syrup pack, drained solids	1.0 cup	2.51
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cup, cubes	2.51
Cookies, peanut butter sandwich, regular	1.0 oz	2.49
Cranberry sauce, canned, sweetened	1.0 cup	2.49
Potatoes, baked, skin, without salt	1.0 skin	2.49
Crackers, wheat, regular	16.0 crackers 1 serving	2.48
Bread, reduced-calorie, white	1.0 oz	2.47
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	2.47
Bread, cracked-wheat	1.0 oz	2.47
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cup slices	2.46
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cup (1 NLEA serving)	2.44
Bread, rye	1.0 oz	2.41
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	2.41
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	2.4
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.0 oz	2.39
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cup	2.39
Breadfruit, raw	1.0 cup	2.35
Vegetable juice cocktail, canned	1.0 cup	2.35
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cup	2.35
Squash, summer, zucchini, italian style, canned	1.0 cup	2.34
Croissants, butter	1.0 oz	2.32
Pears, dried, sulfured, stewed, without added sugar	1.0 cup, halves	2.32
Tomatoes, red, ripe, canned, stewed	1.0 cup	2.32
Soup, chicken with rice, canned, condensed	0.5 cup	2.32
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	2.29
Danish pastry, cheese	1.0 oz	2.27
Continental Mills, Krusteaz Almond Poppyseed Muffin Mix, Artificially Flavored, dry	1.0 serving	2.24
Loganberries, frozen	1.0 cup, unthawed	2.23
Soup, cream of chicken, canned, condensed, reduced sodium	0.5 cup	2.23
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	2.23
Oranges, raw, with peel	1.0 cup	2.21
Keebler, Keebler Chocolate Graham SELECTS	1.0 serving	2.2
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.0 bar 1.55 oz	2.2
Asparagus, canned, regular pack, solids and liquids	0.5 cup	2.2

Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cup	2.2
Snacks, potato chips, fat-free, made with olestra	1.0 oz	2.19
Beets, raw	1.0 cup	2.19
Snacks, corn-based, extruded, onion-flavor	1.0 oz	2.18
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	2.18
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	2.17
Asparagus, cooked, boiled, drained	0.5 cup	2.16
Bread, reduced-calorie, oatmeal	1.0 oz	2.15
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	2.15
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cup (1 NLEA serving)	2.13
Plantains, yellow, baked	1.0 cup	2.11
Dessert topping, powdered	1.0 oz	2.11
Drumstick pods, raw	1.0 cup slices	2.1
Croissants, apple	1.0 oz	2.1
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	2.08
Tomato juice, canned, with salt added	1.0 cup	2.07
Tomato juice, canned, without salt added	1.0 cup	2.07
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cup, sliced	2.05
Kiwifruit, green, raw	1.0 cup, sliced	2.05
Water convolvulus, cooked, boiled, drained, with salt	1.0 cup, chopped	2.04
Snacks, tortilla chips, ranch-flavor	1.0 oz	2.04
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	2.03
Turnip greens, frozen, unprepared	0.5 cup, chopped or diced	2.03
Beans, snap, green, frozen, cooked, boiled, drained without salt	1.0 cup	2.01
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	2
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cup (1 NLEA serving)	2
Parmesan cheese topping, fat free	1.0 tablespoon	2
Danish pastry, cinnamon, enriched	1.0 oz	1.98
Snacks, potato chips, made from dried potatoes, cheese-flavor	1.0 oz	1.98
Nabisco, Nabisco Grahams Crackers	1.0 serving	1.96
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	1.95
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cup	1.95
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cup (1 NLEA serving)	1.92
Cream, whipped, cream topping, pressurized	1.0 cup	1.92
Crackers, rusk toast	0.5 oz	1.92
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	1.92
Cherries, sweet, canned, water pack, solids and liquids	1.0 cup, pitted	1.91
Pillsbury, Cinnamon Rolls with Icing, refrigerated dough	1.0 serving 1 roll with icing	1.91
Snacks, potato sticks	1.0 oz	1.9
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	1.9
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cup	1.9
Cauliflower, green, raw	1.0 cup	1.89
Potatoes, roasted, salt added in processing, frozen, unprepared	3.0 oz	1.89
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	1.88
Oranges, raw, California, valencias	1.0 cup sections, without membranes	1.87
Cookies, chocolate wafers	1.0 oz	1.87

Bread, irish soda, prepared from recipe	1.0 oz	1.87
Cherries, sour, red, canned, light syrup pack, solids and liquids	1.0 cup	1.86
Snacks, potato chips, barbecue-flavor	1.0 oz	1.85
Squash, winter, butternut, cooked, baked, without salt	1.0 cup, cubes	1.84
Beets, canned, regular pack, solids and liquids	1.0 cup	1.8
Blueberries, wild, canned, heavy syrup, drained	1.0 cup	1.79
Kale, frozen, unprepared	1.0 cup	1.78
Blackberries, frozen, unsweetened	1.0 cup, unthawed	1.78
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	1.78
Grapefruit, raw, pink and red, all areas	1.0 cup sections, with juice	1.77
Onions, raw	1.0 cup, chopped	1.76
Cookies, oatmeal, commercially prepared, regular	1.0 oz	1.76
Cookies, brownies, prepared from recipe	1.0 oz	1.76
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	1.76
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cup	1.74
Chocolate, dark, 60-69% cacao solids	1.0 oz	1.74
Biscuits, mixed grain, refrigerated dough	1.0 oz	1.73
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	1.73
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cup (1 NLEA serving)	1.72
Purslane, cooked, boiled, drained, without salt	1.0 cup	1.71
Soup, cream of mushroom, canned, condensed	0.5 cup	1.7
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	1.7
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cup	1.69
Orange juice, chilled, includes from concentrate, with added calcium	1.0 cup	1.69
Croutons, plain	0.5 oz	1.69
Soup, cream of celery, canned, prepared with equal volume water	1.0 cup	1.69
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	1.67
Cookies, oatmeal, with raisins	1.0 oz	1.66
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	1.65
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	1.65
Turnip greens, cooked, boiled, drained, without salt	1.0 cup, chopped	1.64
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cup, mashed	1.64
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cup, mashed	1.64
Crackers, standard snack-type, sandwich, with peanut butter filling	0.5 oz	1.63
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	1.61
Okra, frozen, unprepared	0.33 package (10 oz)	1.61
Cookies, molasses	1.0 oz	1.59
Egg, whole, cooked, omelet	1.0 tbsp	1.59
Tangerines, (mandarin oranges), raw	1.0 cup, sections	1.58
Litchis, raw	1.0 cup	1.58
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	1.57
Currants, red and white, raw	1.0 cup	1.57
Currants, european black, raw	1.0 cup	1.57
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	1.56
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.0 oz	1.56
Cake, cheesecake, commercially prepared	1.0 oz	1.56
Crackers, cheese, regular	0.5 oz	1.55
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	1.55
Potatoes, flesh and skin, raw	0.5 cup, diced	1.54
Croutons, seasoned	0.5 oz	1.53

Cake, sponge, commercially prepared	1.0 oz	1.53
Cookies, oatmeal, refrigerated dough	1.0 oz	1.53
Cookies, shortbread, commercially prepared, plain	1.0 oz	1.52
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.0 oz	1.52
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	1.51
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	1.5
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	1.5
Okra, frozen, cooked, boiled, drained, without salt	0.5 cup slices	1.5
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cup	1.49
Cowpeas, leafy tips, raw	1.0 cup, chopped	1.48
Cherries, sweet, raw	1.0 cup, with pits, yields	1.46
Artificial Blueberry Muffin Mix, dry	1.0 muffin	1.46
Boysenberries, frozen, unsweetened	1.0 cup, unthawed	1.45
Pillsbury, Chocolate Chip Cookies, refrigerated dough	1.0 serving 2 cookies	1.45
Grapefruit juice, white, canned, sweetened	1.0 cup	1.45
Grapefruit, raw, white, Florida	1.0 cup sections, with juice	1.45
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	1.44
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	1.43
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	1.43
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cup, unthawed	1.43
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	1.42
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cup	1.42
Apricots, canned, heavy syrup, drained	1.0 cup, halves	1.4
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cup (1 NLEA serving)	1.39
Crackers, wheat, sandwich, with cheese filling	0.5 oz	1.39
Cookies, shortbread, commercially prepared, pecan	1.0 oz	1.39
Cookies, sugar wafers with creme filling, regular	3.0 cookies	1.38
Carambola, (starfruit), raw	1.0 cup, cubes	1.37
Archway Home Style Cookies, Iced Oatmeal	1.0 serving	1.37
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.0 cup, halves	1.37
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	1.36
Mangos, raw	1.0 cup pieces	1.35
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cup	1.33
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cup	1.33
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	1.32
Gooseberries, raw	1.0 cup	1.32
Cookies, chocolate chip, refrigerated dough	1.0 serving	1.31
Cress, garden, raw	1.0 cup	1.3
Crackers, rye, wafers, seasoned	0.5 oz	1.28
Cookies, vanilla sandwich with creme filling	1.0 oz	1.28
Cookies, chocolate sandwich, with creme filling, special dietary	1.0 oz	1.28
Broccoli raab, raw	1.0 cup chopped	1.27
Pie, banana cream, prepared from recipe	1.0 oz	1.25
Cardoon, raw	1.0 cup, shredded	1.25
Celery, cooked, boiled, drained, without salt	1.0 cup, diced	1.25
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	1.24
Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry	1.0 serving	1.24
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cup, halves or slices	1.23
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	1.23
Grapes, canned, thompson seedless, water pack, solids and liquids	1.0 cup	1.23
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	1.22

Carrots, raw	1.0 cup chopped	1.19
Candies, TWIZZLERS CHERRY BITES	18.0 pieces	1.19
Onions, sweet, raw	1.0 NLEA serving	1.18
POPEYES, Coleslaw	1.0 package	1.18
Archway Home Style Cookies, Date Filled Oatmeal	1.0 serving	1.17
Peaches, canned, light syrup pack, solids and liquids	1.0 cup, halves or slices	1.13
Archway Home Style Cookies, Molasses	1.0 serving	1.1
Archway Home Style Cookies, Raspberry Filled	1.0 serving	1.09
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	1.07
Peaches, canned, water pack, solids and liquids	1.0 cup, halves or slices	1.07
Crackers, standard snack-type, regular	5.0 crackers	1.06
Cookies, fig bars	1.0 oz	1.05
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	1.04
Lime juice, raw	1.0 cup	1.02
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	1.01
Beverages, V8 V-FUSION Juices, Peach Mango	1.0 serving 8 oz	1.01
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	8.0 fl oz	1.01
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	1
Beverages, chocolate powder, no sugar added	2.0 tbsp	1
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	1
Figs, canned, water pack, solids and liquids	1.0 cup	0.99
Cake, snack cakes, creme-filled, sponge	1.0 oz	0.98
Archway Home Style Cookies, Iced Molasses	1.0 serving	0.98
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	0.97
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cup	0.97
Cream, fluid, half and half	1.0 fl oz	0.95
Candies, YORK Peppermint Pattie	1.0 patty 1.5 oz	0.94
Carrots, canned, regular pack, drained solids	1.0 cup, sliced	0.93
Balsam-pear (bitter gourd), pods, raw	1.0 cup (1/2" pieces)	0.93
Blueberries, frozen, sweetened	1.0 cup, thawed	0.92
Cabbage, chinese (pe-tsai), raw	1.0 cup, shredded	0.91
Mountain yam, hawaii, raw	0.5 cup, cubes	0.91
Cheese, cream	1.0 tbsp	0.89
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.89
Cereals ready-to-eat, rice, puffed, fortified	1.0 cup	0.88
Candies, MOUNDS Candy Bar	1.0 bar snack size	0.87
Purslane, raw	1.0 cup	0.87
Milk shakes, thick chocolate	1.0 fl oz	0.87
Peppers, pasilla, dried	1.0 pepper	0.86
Spinach, raw	1.0 cup	0.86
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cup	0.86
Lemon juice, raw	1.0 cup	0.85
Cake, white, dry mix, special dietary (includes lemon-flavored)	1.0 oz	0.85
Pie, fried pies, fruit	1.0 oz	0.85
Onions, frozen, whole, unprepared	0.33 package (10 oz)	0.85
Chicory roots, raw	1.0 root	0.84
Beet greens, raw	1.0 cup	0.84
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	0.82
Cookies, brownies, dry mix, sugar free	1.0 oz	0.82
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	0.82
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	0.81

Mushrooms, Chanterelle, raw	1.0 cup	0.8
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	0.79
Radishes, raw	1.0 cup slices	0.79
Snacks, rice cakes, brown rice, multigrain	1.0 cake	0.77
Snacks, rice cakes, brown rice, corn	1.0 cake	0.76
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	0.75
Blackberry juice, canned	1.0 cup	0.75
Carissa, (natal-plum), raw	1.0 cup slices	0.75
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1.0 serving	0.75
Candies, truffles, prepared-from-recipe	1.0 piece	0.75
Carrots, canned, no salt added, solids and liquids	0.5 cup slices	0.73
Candies, YORK BITES	15.0 pieces	0.69
Dessert topping, pressurized	1.0 cup	0.69
Papayas, raw	1.0 cup 1" pieces	0.68
Cake, cherry fudge with chocolate frosting	1.0 oz	0.68
Baking chocolate, MARS SNACKFOOD US, M & M's Milk Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	0.67
Soup, chicken broth or bouillon, dry	1.0 cube	0.67
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	0.66
Baking chocolate, MARS SNACKFOOD US, M & M's Semisweet Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	0.62
Kale, raw	1.0 cup	0.61
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	0.6
Puddings, chocolate, ready-to-eat	1.0 oz	0.59
Grapes, american type (slip skin), raw	1.0 cup	0.58
Gravy, brown instant, dry	1.0 serving	0.57
Frostings, coconut-nut, ready-to-eat	0.08 package	0.57
Pie, cherry, commercially prepared	1.0 oz	0.57
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	0.57
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1.0 fl oz	0.56
Nuts, coconut cream, raw (liquid expressed from grated meat)	1.0 tbsp	0.54
Kanpyo, (dried gourd strips)	1.0 strip	0.54
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	0.54
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready-to-feed with ARA and DHA	1.0 fl oz	0.54
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	0.53
Spices, mustard seed, ground	1.0 tsp	0.52
Pie, blueberry, commercially prepared	1.0 oz	0.51
Pears, raw	1.0 cup, slices	0.5
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cup slices	0.5
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cup	0.49
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cup slices	0.48
Figs, raw	1.0 large (2-1/2" dia)	0.48
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	0.48
Chicory, witloof, raw	1.0 head	0.48
Pears, canned, light syrup pack, solids and liquids	1.0 cup, halves	0.48
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	0.47
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	0.47
Onions, dehydrated flakes	1.0 tbsp	0.45
Cream, sour, reduced fat, cultured	1.0 tbsp	0.44
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	1.0 fl oz	0.44
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	0.44

Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	0.43
Spices, caraway seed	1.0 tsp	0.42
Applesauce, canned, sweetened, without salt	1.0 cup	0.39
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	0.39
Pomegranate juice, bottled	1.0 cup	0.37
Spices, anise seed	1.0 tsp, whole	0.37
Gourd, white-flowered (calabash), raw	0.5 cup (1" pieces)	0.36
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	0.32
Endive, raw	0.5 cup, chopped	0.31
Apples, raw, without skin	1.0 cup slices	0.3
Cream, sour, cultured	1.0 tbsp	0.29
Spices, turmeric, ground	1.0 tsp	0.29
Spices, curry powder	1.0 tsp	0.29
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.26
Nabisco, Nabisco Ritz Crackers	1.0 cracker	0.24
Tamarind nectar, canned	1.0 cup	0.23
Nuts, coconut cream, canned, sweetened	1.0 tbsp	0.22
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	0.21
Tree fern, cooked, without salt	0.5 cup, chopped	0.21
Alcoholic beverage, pina colada, canned	1.0 fl oz	0.2
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	0.16
Spices, ginger, ground	1.0 tsp	0.16
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.0 tablespoon	0.15
Cream substitute, liquid, with lauric acid oil and sodium caseinate	1.0 container, individual	0.15
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	0.15
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	0.14
Spices, tarragon, dried	1.0 tsp, leaves	0.14
Salad dressing, mayonnaise, regular	1.0 tbsp	0.13
Spices, nutmeg, ground	1.0 tsp	0.13
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	0.12
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.0 tbsp chopped	0.12
Spices, mace, ground	1.0 tsp	0.11
Candies, caramels, chocolate-flavor roll	1.0 piece	0.1
Spices, cinnamon, ground	1.0 tsp	0.1
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	0.1
Spices, savory, ground	1.0 tsp	0.09
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	0.09
Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	0.09
Spices, thyme, dried	1.0 tsp, leaves	0.09
Orange peel, raw	1.0 tbsp	0.09
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	0.09
Longans, dried	1.0 fruit	0.08
Salad dressing, russian dressing, low calorie	1.0 tablespoon	0.08
Spices, marjoram, dried	1.0 tsp	0.08
Alcoholic beverage, beer, light, BUD LIGHT	1.0 fl oz	0.07
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.07
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	0.06
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	0.06
Papaya, canned, heavy syrup, drained	1.0 piece	0.05
Arugula, raw	1.0 leaf	0.05
Grapes, muscadine, raw	1.0 grape	0.05
Spices, bay leaf	1.0 tsp, crumbled	0.05
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	0.04

Margarine-like, margarine-butter blend, soybean oil and butter	1.0 tbsp	0.04
Butter, salted	1.0 pat (1" sq, 1/3" high)	0.04
Sesbania flower, raw	1.0 flower	0.04
Ginger root, raw	1.0 tsp	0.04
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	0.03
Dill weed, fresh	5.0 sprigs	0.03
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	1.0 fl oz	0.03
Whiskey sour mix, bottled, with added potassium and sodium	1.0 fl oz	0.03
Beverages, Whiskey sour mix, bottled	1.0 fl oz	0.03
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	1.0 tbsp	0.03
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	0.03
Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	1.0 fl oz	0.03
Olives, pickled, canned or bottled, green	1.0 olive	0.03
Snacks, fruit leather, rolls	1.0 large	0.02
Alcoholic beverage, wine, table, white, Muscat	1.0 fl oz	0.02
Alcoholic beverage, wine, table, white, Riesling	1.0 fl oz	0.02
Alcoholic beverage, wine, table, white, Semillon	1.0 fl oz	0.02
Alcoholic Beverage, wine, table, red, Petite Sirah	1.0 fl oz	0.02
Alcoholic beverage, wine, table, white, Chenin Blanc	1.0 fl oz	0.02
Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	1.0 fl oz	0.02
Alcoholic beverage, wine, table, white	1.0 fl oz	0.02
Alcoholic Beverage, wine, table, red, Cabernet Franc	1.0 fl oz	0.02
Alcoholic Beverage, wine, table, red, Lemberger	1.0 fl oz	0.02
Alcoholic Beverage, wine, table, red, Claret	1.0 fl oz	0.02
Alcoholic beverage, wine, table, white, Sauvignon Blanc	1.0 fl oz	0.02
Alcoholic beverage, wine, table, white, Pinot Blanc	1.0 fl oz	0.02
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	0.02
Salad dressing, french, home recipe	1.0 tablespoon	0.01