



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

Description	Measure	Fatty acids, total saturated(g)Per Measure
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	73.94
Beef, Australian, imported, grass-fed, seam fat, raw	4.0 oz	30.04
Cream, fluid, heavy whipping	1.0 cups, whipped	27.638
Cheese, muenster	1.0 cups, diced	25.229
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	24.904
Cheese, mexican, queso chihuahua	1.0 cups, diced	24.873
Cheese, swiss	1.0 cups, diced	24.06
Cream, fluid, light whipping	1.0 cups, whipped	23.204
Cheese, provolone	1.0 cups, diced	22.543
Cheese, pasteurized process, swiss	1.0 cups, diced	22.463
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	22.437
Candies, confectioner's coating, peanut butter	1.0 cups chips	22.042
Cheese, feta	1.0 cups, crumbled	19.95
Cheese spread, pasteurized process, American	1.0 cups, diced	18.658
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	18.29
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	17.901
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cups	17.014
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	16.221
Dessert topping, powdered	1.0 oz	15.791
Cheese, mozzarella, whole milk	1.0 cups, shredded	15.568
Cheese, parmesan, grated	1.0 cups	15.371
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	14.909
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	14.265
Chicken, skin (drumsticks and thighs), raw	4.0 oz	13.675
Dessert topping, pressurized	1.0 cups	13.238
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	11.816
Peanuts, valencia, oil-roasted, without salt	1.0 cups	11.367
Milk, sheep, fluid	1.0 cups	11.277
Peanuts, all types, dry-roasted, without salt	1.0 cups	11.276
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	10.611
Salami, pork, beef, less sodium	3.0 oz	10.58

Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	10.517
Fast Foods, biscuit, with egg and sausage	1.0 item	10.447
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1.0 cups	10.082
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	10.023
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	10.013
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	9.911
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	9.894
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	9.775
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	9.656
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	9.542
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.0 oz	9.066
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	8.976
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	8.906
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	8.599
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cups milk	1.0 cups	8.547
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	8.42
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	8.398
Cream, whipped, cream topping, pressurized	1.0 cups	8.299
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	8.242
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	8.24
Oil, cocoa butter	1.0 tablespoon	8.119
Fast foods, croissant, with egg, cheese, and ham	1.0 item	8
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	7.977
Cream puff, eclair, custard or cream filled, iced	4.0 oz	7.972
Cheese, ricotta, whole milk	0.5 cups	7.961
Fast foods, biscuit, with egg and bacon	1.0 biscuit	7.95
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	7.718
Milk substitutes, fluid, with lauric acid oil	1.0 cups	7.41
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	7.39
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	7.301
Squab, (pigeon), meat and skin, raw	3.0 oz	7.165
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.0 bar 1.55 oz	7.04
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	6.973
POPEYES, biscuit	1.0 biscuit	6.909
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	6.856

Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	6.766
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	6.701
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	6.647
Frankfurter, pork	1.0 link	6.626
Eggnog	1.0 cups	6.581
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	6.511
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	6.431
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	6.418
Fat, beef tallow	1.0 tbsp	6.374
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	6.355
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	6.278
Chocolate, dark, 60-69% cacao solids	1.0 oz	6.246
Cheese, ricotta, part skim milk	0.5 cups	6.109
Veal, breast, separable fat, cooked	1.0 oz	6.069
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	6
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	5.924
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	5.852
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	5.775
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.0 oz	5.737
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	5.732
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	5.7
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	5.697
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	5.647
Sausage, pork and turkey, pre-cooked	1.0 serving	5.632
Game meat, bison, ground, cooked, pan-broiled	1.0 patty ( yield from 112.7 g raw meat )	5.621
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	5.567
Milk, producer, fluid, 3.7% milkfat	1.0 cups	5.558
Potatoes, scalloped, home-prepared with butter	1.0 cups	5.525
Liverwurst spread	0.25 cups	5.459
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	5.452

Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	5.385
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	5.384
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3.0 oz	5.345
Cheese, blue	1.0 oz	5.293
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	5.272
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	5.26
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	5.188
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	5.159
Nuts, hazelnuts or filberts	1.0 cups, chopped	5.134
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	5.119
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	5.117
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	2.0 oz 1 NLEA serving	4.969
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	4.926
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.921
Cereals ready-to-eat, granola, homemade	1.0 cups	4.828
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	4.758
Beerwurst, pork and beef	1.0 serving 2 oz	4.725
Beerwurst, beer salami, pork and beef	2.0 oz	4.725
Nuts, coconut cream, raw (liquid expressed from grated meat)	1.0 tbsp	4.613
Fast foods, english muffin, with egg, cheese, and canadian bacon	1.0 sandwich	4.526
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	4.514
Bacon and beef sticks	1.0 oz	4.48
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.466
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cups, diced	4.455
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	4.446
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4.0 oz	4.421
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cups	4.368
Cheese, camembert	1.0 oz	4.326
Cookies, sugar wafers with creme filling, regular	3.0 cookies	4.284
Cheese substitute, mozzarella	1.0 cups, shredded	4.193
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	4.186

Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	4.074
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	4.034
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	4.032
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	4.008
Frankfurter, meat	1.0 serving (1 hot dog)	3.986
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	3.97
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	3.934
Candies, MOUNDS Candy Bar	1.0 bar snack size	3.91
Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	1.0 serving 13 pieces	3.857
Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	4.0 oz	3.834
Game meat, elk, ground, cooked, pan-broiled	1.0 patty ( yield from 104.1 g raw meat )	3.802
Sauce, cheese, ready-to-serve	0.25 cups	3.786
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	3.783
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	3.724
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	3.713
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	3.693
Salami, Italian, pork	1.0 oz	3.668
Cheese, neufchatel	1.0 oz	3.626
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	3.587
Mckee Baking, Little Debbie Nutty Bars, Wafers with Peanut Butter, Chocolate Covered	1.0 serving	3.585
Yogurt, plain, whole milk	1.0 container (6 oz)	3.563
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	3.496
Kielbasa, Polish, turkey and beef, smoked	1.0 serving 2 oz	3.489
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	3.451
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3.0 oz	3.441
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	3.365
Fish, herring, Atlantic, pickled	1.0 cups	3.333
Pillsbury, Chocolate Chip Cookies, refrigerated dough	1.0 serving 2 cookies	3.317
Bologna, pork, turkey and beef	1.0 oz	3.317
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	3.313
Croissants, butter	1.0 oz	3.305
Frostings, coconut-nut, ready-to-eat	0.08 package	3.28

Snacks, pork skins, barbecue-flavor	1.0 oz	3.277
Veal, breast, whole, boneless, separable lean only, cooked, braised	3.0 oz	3.162
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	3.15
Soup, cream of shrimp, canned, prepared with equal volume water	1.0 cups	3.148
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	3.127
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	3.111
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	3.071
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	3.068
Bologna, pork and turkey, lite	1.0 serving 2 oz	3.058
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	3.053
Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	1.0 serving 1/2 cups	3.046
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	3.031
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	3.03
Croissants, cheese	1.0 oz	3.013
Bread, cheese	1.0 slice	3
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	2.942
Nuts, coconut cream, canned, sweetened	1.0 tbsp	2.94
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	2.939
Cheese, cream	1.0 tbsp	2.931
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	2.92
Ice creams, BREYERS, All Natural Light French Chocolate	1.0 serving 1/2 cups	2.91
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.0 oz	2.861
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	2.825
Shortening bread, soybean (hydrogenated) and cottonseed	1.0 tablespoon	2.816
Cake, cheesecake, commercially prepared	1.0 oz	2.813
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	2.809
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	2.807
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	2.802
Pork sausage, link/patty, fully cooked, unheated	1.0 link	2.79
Cookies, chocolate chip, refrigerated dough	1.0 serving	2.769
Fish, herring, Pacific, raw	3.0 oz	2.768
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	2.766
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	2.753

Sausage, Italian, sweet, links	1.0 link 3 oz	2.736
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	2.72
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	2.717
Snacks, potato chips, made from dried potatoes, cheese-flavor	1.0 oz	2.713
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	3.0 oz	2.703
Gravy, beef, canned, ready-to-serve	1.0 cups	2.686
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	2.668
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	2.644
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	2.642
Braunschweiger (a liver sausage), pork	1.0 oz	2.639
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	2.632
Cheese, cottage, creamed, with fruit	4.0 oz	2.611
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	2.601
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	2.592
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cups	2.57
Butter, salted	1.0 pat (1" sq, 1/3" high)	2.568
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	2.557
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	2.537
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	2.521
Snacks, potato sticks	1.0 oz	2.517
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	2.516
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	2.514
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	2.49
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	2.48
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	2.47
Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	1.0 tablespoon	2.448
Bologna, meat and poultry	1.0 slice	2.438
Cookies, shortbread, commercially prepared, pecan	1.0 oz	2.326
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	2.319
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	2.304
Cookies, shortbread, commercially prepared, plain	1.0 oz	2.298
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	2.279
Garlic bread, frozen	1.0 slice presliced	2.271
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	2.266
POPEYES, Coleslaw	1.0 package	2.264

Bologna, chicken, turkey, pork	1.0 serving	2.237
Candies, truffles, prepared-from-recipe	1.0 piece	2.219
Baking chocolate, MARS SNACKFOOD US, M & M's Semisweet Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	2.187
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.0 oz	2.173
Alcoholic beverage, pina colada, canned	1.0 fl oz	2.142
Cream, fluid, half and half	1.0 fl oz	2.124
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	2.121
Milk, canned, condensed, sweetened	1.0 fl oz	2.096
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	2.079
Cookies, brownies, prepared from recipe	1.0 oz	2.075
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	2.056
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	2.05
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	2.034
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	2.027
Baking chocolate, MARS SNACKFOOD US, M & M's Milk Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	2.025
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	2.016
Soybeans, green, raw	1.0 cups	2.012
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	2.005
Margarine-like, margarine-butter blend, soybean oil and butter	1.0 tbsp	2.002
Egg, whole, cooked, fried	1.0 large	1.989
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving ( 3 oz )	1.972
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	1.947
Ice creams, BREYERS, All Natural Light Vanilla	1.0 serving 1/2 cups	1.945
Cheese, cottage, creamed, large or small curd	4.0 oz	1.941
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	1.936
Oil, sesame, salad or cooking	1.0 tablespoon	1.931
Danish pastry, cheese	1.0 oz	1.926
Veal, Australian, shank, hind, bone-in, separable lean only, raw	4.0 oz	1.921
Cookies, peanut butter, commercially prepared, regular	1.0 oz	1.914
Sausage, turkey, hot, smoked	2.0 oz	1.905
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	1.903
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	1.891
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	1.876
Candies, YORK Peppermint Pattie	1.0 patty 1.5 oz	1.866
Oil, olive, salad or cooking	1.0 tablespoon	1.864
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	1.84
Pork, fresh, variety meats and by-products, brain, cooked, braised	3.0 oz	1.827



Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	1.791
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	1.783
Veal, shank (fore and hind), separable lean and fat, cooked, braised	3.0 oz	1.766
Salad dressing, french, home recipe	1.0 tablespoon	1.764
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	1.743
Candies, YORK BITES	15.0 pieces	1.728
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	1.718
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	1.712
Yogurt, plain, low fat	1.0 container (6 oz)	1.7
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	1.696
Bread, pound cake type, pan de torta salvadoran	1.0 serving	1.673
Veal, breast, whole, boneless, separable lean and fat, raw	1.0 oz	1.672
Oat flour, partially debranned	1.0 cups	1.671
Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	1.0 serving	1.669
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	1.663
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	1.662
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	1.658
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	1.648
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	1.638
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	1.627
Fish, swordfish, cooked, dry heat	3.0 oz	1.624
Oil, mustard	1.0 tbsp	1.621
Salad dressing, mayonnaise, regular	1.0 tbsp	1.615
Danish pastry, cinnamon, enriched	1.0 oz	1.611
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	1.605
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	1.601
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	1.593
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	1.593
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	1.589
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	1.584
Nuts, butternuts, dried	1.0 cups	1.567
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	1.564
Egg, whole, raw, fresh	1.0 large	1.563
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	1.558
Egg, whole, cooked, poached	1.0 large	1.556
Fish, mackerel, spanish, raw	3.0 oz	1.554

Cookies, chocolate sandwich, with extra creme filling	1.0 oz	1.546
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	1.545
Cookies, oatmeal, with raisins	1.0 oz	1.542
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	1.52
Beans, baked, canned, with pork	1.0 cups	1.515
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	1.514
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	1.504
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	1.479
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	1.467
Soup, chicken noodle, dry, mix	1.0 packet	1.457
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	1.446
Soup, cream of celery, canned, prepared with equal volume water	1.0 cups	1.438
Cake, cherry fudge with chocolate frosting	1.0 oz	1.436
Pillsbury, Cinnamon Rolls with Icing, refrigerated dough	1.0 serving 1 roll with icing	1.43
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	1.429
Cookies, peanut butter sandwich, regular	1.0 oz	1.416
Croissants, apple	1.0 oz	1.416
Cookies, peanut butter sandwich, special dietary	1.0 oz	1.4
Cream substitute, liquid, with lauric acid oil and sodium caseinate	1.0 container, individual	1.396
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	1.396
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.394
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	1.392
Oil, sunflower, high oleic (70% and over)	1.0 tbsp	1.38
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	1.377
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	1.375
Fish, bluefish, raw	1.0 fillet	1.373
Fish, bluefish, cooked, dry heat	1.0 fillet	1.371
Soup, pea, green, canned, condensed	0.5 cups	1.37
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	1.365
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	1.356
Cookies, oatmeal, refrigerated dough	1.0 oz	1.347
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	1.345
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	1.332
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	1.32

Fish, salmon, pink, canned, without salt, solids with bone and liquid	3.0 oz	1.305
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	1.298
Archway Home Style Cookies, Iced Oatmeal	1.0 serving	1.291
Archway Home Style Cookies, Raspberry Filled	1.0 serving	1.29
Cookies, oatmeal, commercially prepared, regular	1.0 oz	1.281
Yogurt, fruit, low fat,9 g protein/8 oz	1.0 container (6 oz)	1.261
Snacks, corn-based, extruded, onion-flavor	1.0 oz	1.23
Cream, sour, cultured	1.0 tbsp	1.217
Soup, cream of mushroom, canned, condensed	0.5 cups	1.215
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	1.207
Cookies, chocolate wafers	1.0 oz	1.202
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.0 tablespoon	1.187
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	1.181
Cake, snack cakes, creme-filled, sponge	1.0 oz	1.173
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	1.172
Archway Home Style Cookies, Iced Molasses	1.0 serving	1.165
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	1.159
Soup, beef noodle, canned, condensed	0.5 cups	1.137
Snacks, potato chips, barbecue-flavor	1.0 oz	1.135
Cookies, chocolate sandwich, with creme filling, special dietary	1.0 oz	1.132
Cream, sour, reduced fat, cultured	1.0 tbsp	1.121
Sausage, turkey, fresh, raw	1.0 serving	1.119
Corn grain, white	1.0 cups	1.107
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.101
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	1.1
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	1.099
Crackers, wheat, regular	16.0 crackers 1 serving	1.091
Fish, tuna, white, canned in oil, drained solids	3.0 oz	1.088
Milk, buttermilk, dried	0.25 cups	1.079
Snacks, oriental mix, rice-based	1.0 oz	1.073
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	1.069
Pie, banana cream, prepared from recipe	1.0 oz	1.065
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	1.063
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	1.056
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak ( yield from 134.9 g raw meat )	1.051
Nuts, almond butter, plain, with salt added	1.0 tbsp	1.048
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	1.044
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	1.044
Oil, canola	1.0 tbsp	1.031
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	1.022

Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	1.018
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	1.016
Snacks, tortilla chips, ranch-flavor	1.0 oz	1.003
Whey, sweet, dried	1.0 cups	0.992
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	0.991
Keebler, Keebler Chocolate Graham SELECTS	1.0 serving	0.976
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	0.972
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	0.93
Fish, salmon, chum, cooked, dry heat	3.0 oz	0.915
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	0.914
Cookies, molasses	1.0 oz	0.911
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cups	0.902
Barbecue loaf, pork, beef	1.0 oz	0.899
Crackers, standard snack-type, regular	5.0 crackers	0.89
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving ( 3 oz )	0.881
Rice flour, brown	1.0 cups	0.88
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	0.874
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	0.87
Cookies, vanilla sandwich with creme filling	1.0 oz	0.845
Oil, safflower, salad or cooking, linoleic, (over 70%)	1.0 tbsp	0.844
Continental Mills, Krusteaz Almond Poppyseed Muffin Mix, Artificially Flavored, dry	1.0 serving	0.84
Pork, cured, ham, shank, bone-in, separable lean only, unheated	3.0 oz	0.834
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	0.827
Heinz, Weight Watcher, Chocolate Eclair, frozen	1.0 eclair, frozen	0.826
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	0.825
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	0.806
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	0.803
Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.792
Soup, bean with bacon, condensed, single brand	1.0 serving 1/2 cups	0.769
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	0.763
Fish, salmon, pink, canned, drained solids	3.0 oz	0.761
Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.0 oz	0.758
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.758
Crackers, cheese, regular	0.5 oz	0.751
Croutons, seasoned	0.5 oz	0.745
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	0.743
Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	1.0 serving 3.5 fl oz bar	0.74
Archway Home Style Cookies, Molasses	1.0 serving	0.731
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	0.73
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	0.729
Pie, cherry, commercially prepared	1.0 oz	0.726

Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.72
Beans, black, mature seeds, raw	1.0 cups	0.71
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	0.699
Pie, fried pies, fruit	1.0 oz	0.697
Archway Home Style Cookies, Date Filled Oatmeal	1.0 serving	0.69
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	0.688
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.684
Crackers, standard snack-type, sandwich, with peanut butter filling	0.5 oz	0.682
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cups	0.68
Fish, tilapia, raw	1.0 fillet	0.679
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	0.67
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.654
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	0.653
Soup, vegetable beef, microwavable, ready-to-serve, single brand	1.0 serving	0.645
Sorghum flour, whole-grain	1.0 cups	0.639
Mollusks, mussel, blue, raw	1.0 cups	0.637
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	0.626
Soup, cream of chicken, canned, condensed, reduced sodium	0.5 cups	0.62
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	0.618
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	0.616
Cornmeal, whole-grain, white	1.0 cups	0.616
Beans, pink, mature seeds, raw	1.0 cups	0.613
Corn flour, yellow, masa, enriched	1.0 cups	0.606
George Weston Bakeries, Brownberry Sage and Onion Stuffing Mix, dry	1.0 serving	0.603
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	0.6
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.59
Crackers, wheat, sandwich, with cheese filling	0.5 oz	0.586
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	0.58
Fish, herring, Atlantic, raw	1.0 oz, boneless	0.578
Artificial Blueberry Muffin Mix, dry	1.0 muffin	0.578
Noodles, egg, spinach, enriched, cooked	1.0 cups	0.578
Cookies, brownies, dry mix, sugar free	1.0 oz	0.572
Turkey, ground, fat free, patties, broiled	3.0 oz	0.572
Spices, nutmeg, ground	1.0 tsp	0.571
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.569
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	0.548
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	0.547
Guinea hen, meat only, raw	3.0 oz	0.544

Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.532
Fish, roe, mixed species, cooked, dry heat	1.0 oz	0.529
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	0.526
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.0 oz	0.526
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	0.504
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	0.504
Beverages, Protein powder soy based	1.0 scoop	0.5
Focaccia, Italian flatbread, plain	1.0 piece	0.5
Beverages, Whey protein powder isolate	3.0 scoop	0.5
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	0.499
Egg, whole, cooked, omelet	1.0 tbsp	0.498
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	0.498
Barley flour or meal	1.0 cups	0.496
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	0.495
Fish, cisco, smoked	1.0 oz	0.494
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	0.489
Ham, honey, smoked, cooked	1.0 oz (1 serving)	0.479
Milk shakes, thick chocolate	1.0 fl oz	0.477
Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry	1.0 serving	0.476
Pie, blueberry, commercially prepared	1.0 oz	0.476
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	0.475
Soup, chicken with rice, canned, condensed	0.5 cups	0.466
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	0.455
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	0.455
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	0.449
Noodles, egg, dry, unenriched	1.0 cups	0.448
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	3.0 oz	0.445
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	0.441
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	0.439
Nabisco, Nabisco Grahams Crackers	1.0 serving	0.437
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1.0 fl oz	0.425
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	0.42
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	0.42
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	0.413
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	0.399
Gravy, brown instant, dry	1.0 serving	0.393
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	0.389
Biscuits, mixed grain, refrigerated dough	1.0 oz	0.387

Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.387
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.381
Mollusks, oyster, eastern, farmed, raw	3.0 oz	0.377
Beans, adzuki, mature seeds, raw	1.0 cups	0.376
Egg substitute, powder	0.35 oz	0.373
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	0.36
Puddings, chocolate, ready-to-eat	1.0 oz	0.358
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	0.357
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	0.356
Asparagus, canned, drained solids	1.0 cups	0.356
Cake, white, dry mix, special dietary (includes lemon-flavored)	1.0 oz	0.355
Mission Foods, Mission Flour Tortillas, Soft Taco, 8 inch	1.0 serving	0.354
Pillsbury, Crusty French Loaf, refrigerated dough	1.0 serving	0.348
MORI-NU, Tofu, silken, firm	1.0 slice	0.341
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	0.336
Wheat flour, white, bread, enriched	1.0 cups	0.334
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	0.333
Fish, cisco, raw	1.0 fillet	0.333
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	0.333
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	0.329
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	0.328
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	0.327
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	0.323
Cookies, fig bars	1.0 oz	0.318
Bread, irish soda, prepared from recipe	1.0 oz	0.315
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.313
Fish, wolffish, Atlantic, raw	3.0 oz	0.31
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1.0 serving	0.308
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	0.301
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.0 oz	0.299
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	0.297
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	1.0 fl oz	0.296
Rowal, raw	0.5 cups	0.279
Pillsbury, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	1.0 biscuit	0.269
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	0.266
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	0.262
Bread, stuffing, cornbread, dry mix	1.0 oz	0.261
Bread, cracked-wheat	1.0 oz	0.26

Soup, onion, canned, condensed	0.5 cups (4 fl oz)	0.258
Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	0.258
Mollusks, oyster, Pacific, raw	1.0 medium	0.255
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	0.254
Pasta, dry, unenriched	1.0 cups spaghetti	0.252
Pasta, dry, enriched	1.0 cups spaghetti	0.252
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	0.251
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	0.245
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	0.245
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	0.242
Bread, stuffing, dry mix	1.0 oz	0.24
Bread, reduced-calorie, wheat	1.0 oz	0.238
Bread, whole-wheat, commercially prepared	1.0 slice	0.231
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	0.23
Cake, sponge, commercially prepared	1.0 oz	0.227
Vegetable juice cocktail, canned	1.0 cups	0.223
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	0.22
Fish, lingcod, cooked, dry heat	3.0 oz	0.217
Bread, oatmeal, toasted	1.0 oz	0.217
Bread, white, commercially prepared, toasted	1.0 oz	0.217
Croutons, plain	0.5 oz	0.214
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	0.214
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	0.209
Fish, mahimahi, cooked, dry heat	3.0 oz	0.205
Bread, wheat	1.0 slice	0.202
Fish, grouper, mixed species, raw	3.0 oz	0.198
Bread, oat bran	1.0 oz	0.198
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	0.197
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	0.196
Crackers, rusk toast	0.5 oz	0.195
Wheat flour, white, all-purpose, enriched, calcium-fortified	1.0 cups	0.194
Wheat flour, white, all-purpose, unenriched	1.0 cups	0.194
Mollusks, octopus, common, raw	3.0 oz	0.193
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	0.193
Pomegranate juice, bottled	1.0 cups	0.192
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.191
Taro, tahitian, cooked, without salt	1.0 cups slices	0.19
Litchis, raw	1.0 cups	0.188
Fish, burbot, cooked, dry heat	1.0 fillet	0.188



Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	0.188
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	0.186
Crackers, rye, wafers, seasoned	0.5 oz	0.183
Cereals, WHEATENA, cooked with water	1.0 cups	0.182
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	0.18
Beans, black turtle, mature seeds, canned	1.0 cups	0.18
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	0.18
Nabisco, Nabisco Ritz Crackers	1.0 cracker	0.18
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups, mashed	0.179
Squash, winter, hubbard, cooked, boiled, mashed, without salt	1.0 cups, mashed	0.179
Bread, rye	1.0 oz	0.177
Bread, white wheat	1.0 slice	0.176
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.176
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	0.173
Fish, pollock, Alaska, cooked	3.0 oz	0.172
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	0.17
Bread, reduced-calorie, oatmeal	1.0 oz	0.17
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.17
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	0.17
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	0.167
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	0.165
Beans, black turtle, mature seeds, cooked, boiled, without salt	1.0 cups	0.165
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	0.162
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cups	0.162
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	0.162
Spices, mace, ground	1.0 tsp	0.162
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.16
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	0.159
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.158
Bread, reduced-calorie, white	1.0 oz	0.156
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	0.156
Parmesan cheese topping, fat free	1.0 tablespoon	0.155
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	0.155
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	0.155

Mangos, raw	1.0 cups pieces	0.152
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.0 cups	0.152
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.25 cups	0.15
Peas, mature seeds, sprouted, raw	1.0 cups	0.149
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	0.142
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	0.142
Potatoes, roasted, salt added in processing, frozen, unprepared	3.0 oz	0.142
Snacks, fruit leather, rolls	1.0 large	0.141
Spinach, canned, regular pack, solids and liquids	1.0 cups	0.14
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.14
Passion-fruit, (granadilla), purple, raw	1.0 cups	0.139
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.0 cups	0.139
Soup, chicken broth or bouillon, dry	1.0 cube	0.137
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	0.137
Sweet potato, canned, syrup pack, drained solids	1.0 cups	0.135
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	0.134
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	0.132
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	0.132
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	0.13
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cups	0.13
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	0.13
Fish, pike, northern, cooked, dry heat	3.0 oz	0.128
Macaroni, vegetable, enriched, dry	1.0 cups spiral shaped	0.126
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	0.125
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	0.124
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.124
Currants, zante, dried	1.0 cups	0.122
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	0.122
Rice, white, long-grain, regular, cooked, unenriched, with salt	1.0 cups	0.122
Garlic, raw	1.0 cups	0.121
Papayas, raw	1.0 cups 1" pieces	0.117
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	0.112
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	0.109
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	0.108
Rice, white, medium-grain, cooked, unenriched	1.0 cups	0.106
Breadfruit, raw	1.0 cups	0.106
Seeds, lotus seeds, dried	1.0 cups	0.106
Grapes, american type (slip skin), raw	1.0 cups	0.105
Papaya, canned, heavy syrup, drained	1.0 piece	0.105
Bamboo shoots, raw	1.0 cups (1/2" slices)	0.104
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.104

Peas, green, raw	1.0 cups	0.103
Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cups	0.101
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	0.101
Candies, TWIZZLERS CHERRY BITES	18.0 pieces	0.1
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	0.1
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	0.099
Lemon juice, raw	1.0 cups	0.098
Salad dressing, russian dressing, low calorie	1.0 tablespoon	0.096
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.)	0.096
Bread, protein (includes gluten)	1.0 oz	0.094
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	0.092
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	0.092
Grapes, canned, thompson seedless, water pack, solids and liquids	1.0 cups	0.086
Peas, edible-podded, frozen, unprepared	1.0 cups	0.084
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	0.082
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	0.081
Mushrooms, portabella, grilled	1.0 cups sliced	0.077
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	0.077
Fish, haddock, raw	3.0 oz	0.077
Cracker, meal	1.0 oz	0.077
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	0.077
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	0.076
Tangerines, (mandarin oranges), raw	1.0 cups, sections	0.076
Applesauce, canned, sweetened, without salt	1.0 cups	0.074
Tomato products, canned, sauce, with onions	1.0 cups	0.073
Tomato products, canned, puree, with salt added	1.0 cups	0.072
Tomato products, canned, puree, without salt added	1.0 cups	0.072
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	0.069
Broccoli, frozen, chopped, unprepared	1.0 cups	0.069
Snacks, potato chips, fat-free, made with olestra	1.0 oz	0.068
Onions, raw	1.0 cups, chopped	0.067
Tomatoes, red, ripe, canned, stewed	1.0 cups	0.066
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	0.066
Noodles, japanese, somen, dry	2.0 oz	0.066
Muffins, English, mixed-grain (includes granola)	1.0 oz	0.065
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	0.064
Candies, caramels, chocolate-flavor roll	1.0 piece	0.064
Oranges, raw, California, valencias	1.0 cups sections, without membranes	0.063
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	0.062
Okra, frozen, unprepared	0.33 package (10 oz)	0.062

Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	1.0 slice	0.062
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	0.061
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	0.06
Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	0.06
Oranges, raw, with peel	1.0 cups	0.06
Beans, snap, green, frozen, cooked, boiled, drained without salt	1.0 cups	0.059
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	0.059
Seeds, safflower seed meal, partially defatted	1.0 oz	0.059
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	0.058
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	0.058
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	0.057
Gooseberries, raw	1.0 cups	0.057
Seeds, sesame flour, low-fat	1.0 oz	0.057
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	0.057
Snacks, rice cakes, brown rice, corn	1.0 cake	0.057
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	0.057
Cherries, sour, red, canned, light syrup pack, solids and liquids	1.0 cups	0.055
Spices, turmeric, ground	1.0 tsp	0.055
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	0.055
Olives, pickled, canned or bottled, green	1.0 olive	0.055
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	0.055
Brussels sprouts, raw	1.0 cups	0.055
Asparagus, canned, regular pack, solids and liquids	0.5 cups	0.054
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	0.053
Cherries, sweet, raw	1.0 cups, with pits, yields	0.052
Squash, summer, zucchini, italian style, canned	1.0 cups	0.052
Kiwifruit, green, raw	1.0 cups, sliced	0.052
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cups	0.051
Snacks, rice cakes, brown rice, multigrain	1.0 cake	0.05
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	0.05
Figs, canned, water pack, solids and liquids	1.0 cups	0.05
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	0.049
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	0.048
Spices, ginger, ground	1.0 tsp	0.047
Tomato juice, canned, with salt added	1.0 cups	0.046
Tomato juice, canned, without salt added	1.0 cups	0.046
Spices, savory, ground	1.0 tsp	0.046
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	0.046
Blackberry juice, canned	1.0 cups	0.045
Noodles, japanese, somen, cooked	1.0 cups	0.044

Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.043
Asparagus, cooked, boiled, drained	0.5 cups	0.043
Snacks, potato chips, fat free, salted	1.0 oz	0.043
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cups, mashed	0.042
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups, mashed	0.042
Carrots, raw	1.0 cups chopped	0.041
Rice noodles, cooked	1.0 cups	0.04
Spices, mustard seed, ground	1.0 tsp	0.04
Kale, frozen, unprepared	1.0 cups	0.04
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	0.039
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	0.039
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	0.039
Figs, raw	1.0 large (2-1/2" dia)	0.038
Peas, edible-podded, raw	1.0 cups, chopped	0.038
Currants, european black, raw	1.0 cups	0.038
Kale, raw	1.0 cups	0.037
Radishes, raw	1.0 cups slices	0.037
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	0.037
Beets, raw	1.0 cups	0.037
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	0.036
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	0.036
Milk, dry, nonfat, calcium reduced	1.0 oz	0.035
Orange juice, chilled, includes from concentrate, with added calcium	1.0 cups	0.035
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	0.035
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	0.034
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	0.034
Squash, winter, butternut, frozen, cooked, boiled, without salt	1.0 cups, mashed	0.034
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	0.034
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	0.033
Broccoli raab, raw	1.0 cups chopped	0.033
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.0 cups	0.033
Drumstick pods, raw	1.0 cups slices	0.033
Spices, curry powder	1.0 tsp	0.033
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	0.033
Grapefruit, raw, white, Florida	1.0 cups sections, with juice	0.032
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	0.032
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	0.031
Pears, raw	1.0 cups, slices	0.031
Cauliflower, green, raw	1.0 cups	0.03

Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	0.03
Grapefruit juice, white, canned, sweetened	1.0 cups	0.03
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	0.03
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	0.03
Chicory roots, raw	1.0 root	0.029
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	0.029
Spices, thyme, dried	1.0 tsp, leaves	0.027
Beets, canned, regular pack, solids and liquids	1.0 cups	0.027
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	0.027
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	0.026
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups, cubes	0.026
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	0.026
Blueberries, frozen, sweetened	1.0 cups, thawed	0.025
Carambola, (starfruit), raw	1.0 cups, cubes	0.025
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	0.025
Cowpeas, leafy tips, raw	1.0 cups, chopped	0.024
Apples, raw, without skin	1.0 cups slices	0.023
Blackberries, frozen, unsweetened	1.0 cups, unthawed	0.023
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cups	0.022
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	0.021
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	0.021
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	0.02
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	0.02
Cardoon, raw	1.0 cups, shredded	0.02
Cranberry sauce, canned, sweetened	1.0 cups	0.019
Lime juice, raw	1.0 cups	0.019
Currants, red and white, raw	1.0 cups	0.019
Spinach, raw	1.0 cups	0.019
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cups	0.019
Potatoes, flesh and skin, raw	0.5 cups, diced	0.019
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	0.018
Loganberries, frozen	1.0 cups, unthawed	0.016
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	0.016
Apricots, canned, heavy syrup, drained	1.0 cups, halves	0.015
Potatoes, baked, skin, without salt	1.0 skin	0.015
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.015
Mountain yam, hawaii, raw	0.5 cups, cubes	0.015
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	0.015
Spices, bay leaf	1.0 tsp, crumbled	0.014

Spices, caraway seed	1.0 tsp	0.013
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.0 cups, halves	0.013
Chicory, witloof, raw	1.0 head	0.013
Spices, anise seed	1.0 tsp, whole	0.012
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cups	0.012
Endive, raw	0.5 cups, chopped	0.012
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	0.012
Cress, garden, raw	1.0 cups	0.011
Spices, tarragon, dried	1.0 tsp, leaves	0.011
Onions, frozen, whole, unprepared	0.33 package (10 oz)	0.01
Boysenberries, canned, heavy syrup	1.0 cups	0.01
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	0.01
Spices, cinnamon, ground	1.0 tsp	0.009
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	0.008
Beet greens, raw	1.0 cups	0.008
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	0.008
Tree fern, cooked, without salt	0.5 cups, chopped	0.006
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	0.005
Ginger root, raw	1.0 tsp	0.004
Onions, dehydrated flakes	1.0 tbsp	0.004
Spices, marjoram, dried	1.0 tsp	0.003
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	0.003
Kanpyo, (dried gourd strips)	1.0 strip	0.003
Whiskey sour mix, bottled, with added potassium and sodium	1.0 fl oz	0.003
Beverages, Whiskey sour mix, bottled	1.0 fl oz	0.003
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.0 tbsp chopped	0.002
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	0.002
Arugula, raw	1.0 leaf	0.002
Orange peel, raw	1.0 tbsp	0.001
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	0.001
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	0.001
Dill weed, fresh	5.0 sprigs	0.001