

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

Description	Measure	Total lipid (fat)(g)Per Measure
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	129.28
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	76.11
Peanuts, valencia, oil-roasted, without salt	1.0 cups	73.79
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	72.51
Peanuts, all types, dry-roasted, without salt	1.0 cups	72.5
Nuts, hazelnuts or filberts	1.0 cups, chopped	69.86
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	69.25
Nuts, butternuts, dried	1.0 cups	68.38
Beef, Australian, imported, grass-fed, seam fat, raw	4.0 oz	65.23
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	64.67
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	64.32
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1.0 cups	57.88
Candies, confectioner's coating, peanut butter	1.0 cups chips	50.06
Chicken, skin (drumsticks and thighs), raw	4.0 oz	49.98
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	46.57
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	43.97
Cream, fluid, heavy whipping	1.0 cups, whipped	43.3
Cheese, swiss	1.0 cups, diced	40.91
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	40.8
Cheese, muenster	1.0 cups, diced	39.65
Cheese, mexican, queso chihuahua	1.0 cups, diced	39.18
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	37.24
Cream, fluid, light whipping	1.0 cups, whipped	37.09
Cheese, provolone	1.0 cups, diced	35.14
Cheese, pasteurized process, swiss	1.0 cups, diced	35.01
Fast Foods, biscuit, with egg and sausage	1.0 item	33.65
Cheese, feta	1.0 cups, crumbled	32.23
Fast foods, biscuit, with egg and bacon	1.0 biscuit	31.09
Salami, pork, beef, less sodium	3.0 oz	30.5
Cheese spread, pasteurized process, American	1.0 cups, diced	29.72
Cereals ready-to-eat, granola, homemade	1.0 cups	29.66
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cups	28.96
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	28.88

Cheese, parmesan, grated	1.0 cups	27.84
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	26.11
Fish, herring, Atlantic, pickled	1.0 cups	25.2
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	24.83
Cheese, mozzarella, whole milk	1.0 cups, shredded	24.8
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	23.79
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	23.4
Fast foods, croissant, with egg, cheese, and ham	1.0 item	23.17
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	22.8
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	21.32
Cream puff, eclair, custard or cream filled, iced	4.0 oz	20.93
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	20.86
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	20.43
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	20.3
Squab, (pigeon), meat and skin, raw	3.0 oz	20.23
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	20.13
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	19.9
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	19.52
Mckee Baking, Little Debbie Nutty Bars, Wafers with Peanut Butter, Chocolate Covered	1.0 serving	18.7
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	18.48
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	18.29
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	18.09
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.0 oz	18.02
Frankfurter, pork	1.0 link	18
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	17.95
Sausage, pork and turkey, pre-cooked	1.0 serving	17.46
Soybeans, green, raw	1.0 cups	17.41
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	17.32
Dessert topping, powdered	1.0 oz	17.17
Milk, sheep, fluid	1.0 cups	17.15
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	17

Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	16.96
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	16.48
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	16.31
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cups	16.27
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	16.13
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	16.03
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	15.74
Dessert topping, pressurized	1.0 cups	15.61
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	15.34
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	15.31
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	15.29
Veal, breast, separable fat, cooked	1.0 oz	15.12
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	15.06
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	14.93
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	14.9
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	14.9
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	14.55
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3.0 oz	14.4
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	14.35
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	14.25
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	14.23
POPEYES, biscuit	1.0 biscuit	14.23
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	14.07
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	2.0 oz 1 NLEA serving	14.06
Oil, sunflower, high oleic (70% and over)	1.0 tbsp	14
Oil, canola	1.0 tbsp	14
Oil, mustard	1.0 tbsp	14
Liverwurst spread	0.25 cups	14
Cheese substitute, mozzarella	1.0 cups, shredded	13.81
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	13.8
Oil, cocoa butter	1.0 tablespoon	13.6

Oil, safflower, salad or cooking, linoleic, (over 70%)	1.0 tbsp	13.6
Oil, sesame, salad or cooking	1.0 tablespoon	13.6
Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	1.0 tablespoon	13.6
Oil, olive, salad or cooking	1.0 tablespoon	13.5
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	13.46
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	13.43
POPEYES, Coleslaw	1.0 package	13.42
Frankfurter, meat	1.0 serving (1 hot dog)	13.4
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	13.39
Cream, whipped, cream topping, pressurized	1.0 cups	13.33
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	13.32
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw meat)	13.16
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	12.97
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	12.88
Shortening bread, soybean (hydrogenated) and cottonseed	1.0 tablespoon	12.8
Fat, beef tallow	1.0 tbsp	12.8
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	12.77
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cups, diced	12.74
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	12.71
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	12.68
Cheese, ricotta, whole milk	0.5 cups	12.62
Beerwurst, beer salami, pork and beef	2.0 oz	12.62
Beerwurst, pork and beef	1.0 serving 2 oz	12.62
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4.0 oz	12.57
Bacon and beef sticks	1.0 oz	12.38
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	12.27
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	12.22
Fast foods, english muffin, with egg, cheese, and canadian bacon	1.0 sandwich	12.17
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	12.01
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	12
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.0 oz	11.86
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	11.83
Fish, herring, Pacific, raw	3.0 oz	11.8
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	11.79

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	11.76
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	11.52
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.0 bar 1.55 oz	11.44
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	11.34
Margarine-like, margarine-butter blend, soybean oil and butter	1.0 tbsp	11.33
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	11.14
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	11
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	11
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	10.99
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.0 tablespoon	10.96
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	10.94
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	10.88
Chocolate, dark, 60-69% cacao solids	1.0 oz	10.86
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	10.77
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	10.69
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	10.66
Eggnog	1.0 cups	10.64
Keikitos (muffins), Latino bakery item	1.0 piece	10.6
Snacks, potato chips, made from dried potatoes, cheese-flavor	1.0 oz	10.49
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	10.42
Salami, Italian, pork	1.0 oz	10.36
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	10.36
Salad dressing, mayonnaise, regular	1.0 tbsp	10.33
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cups milk	1.0 cups	10.18
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	10.14
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	10.12
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	10.08
Bread, cheese	1.0 slice	10
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	9.99
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	9.93
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	9.9
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	9.86
Kielbasa, Polish, turkey and beef, smoked	1.0 serving 2 oz	9.86
Salad dressing, french, home recipe	1.0 tablespoon	9.83
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	9.81

Cheese, ricotta, part skim milk	0.5 cups	9.81
Snacks, potato sticks	1.0 oz	9.75
Cookies, peanut butter sandwich, special dietary	1.0 oz	9.64
Bread, pound cake type, pan de torta salvadoran	1.0 serving	9.6
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	9.52
Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	1.0 serving 13 pieces	9.48
Oat flour, partially debranned	1.0 cups	9.48
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	9.42
Cookies, shortbread, commercially prepared, pecan	1.0 oz	9.21
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	9.13
Frostings, coconut-nut, ready-to-eat	0.08 package	9.12
Potatoes, scalloped, home-prepared with butter	1.0 cups	9.02
Snacks, pork skins, barbecue-flavor	1.0 oz	9.02
Bologna, pork and turkey, lite	1.0 serving 2 oz	8.99
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	8.97
Milk, producer, fluid, 3.7% milkfat	1.0 cups	8.93
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	8.93
Nuts, almond butter, plain, with salt added	1.0 tbsp	8.88
Snacks, potato chips, barbecue-flavor	1.0 oz	8.81
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	8.77
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	8.73
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	8.71
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	8.7
Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	4.0 oz	8.62
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	8.59
Pork sausage, link/patty, fully cooked, unheated	1.0 link	8.57
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	8.47
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	8.46
Sauce, cheese, ready-to-serve	0.25 cups	8.37
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	3.0 oz	8.37
Cookies, sugar wafers with creme filling, regular	3.0 cookies	8.37
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	8.35
Veal, breast, whole, boneless, separable lean only, cooked, braised	3.0 oz	8.33
Milk substitutes, fluid, with lauric acid oil	1.0 cups	8.32
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	8.31
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw meat)	8.3

Bologna, pork, turkey and beef	1.0 oz	8.29
Cookies, brownies, prepared from recipe	1.0 oz	8.25
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3.0 oz	8.19
Cheese, blue	1.0 oz	8.15
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	8.1
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	8.1
Pork, fresh, variety meats and by-products, brain, cooked, braised	3.0 oz	8.08
Braunschweiger (a liver sausage), pork	1.0 oz	8.08
Pillsbury, Chocolate Chip Cookies, refrigerated dough	1.0 serving 2 cookies	8.08
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	8.07
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	7.97
Corn grain, white	1.0 cups	7.87
Bologna, meat and poultry	1.0 slice	7.84
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	7.83
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	7.65
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	7.64
Cookies, shortbread, commercially prepared, plain	1.0 oz	7.43
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	7.39
Bologna, chicken, turkey, pork	1.0 serving	7.33
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	7.3
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	7.26
Snacks, oriental mix, rice-based	1.0 oz	7.25
Garlic bread, frozen	1.0 slice presliced	7.14
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	7.09
Sausage, Italian, sweet, links	1.0 link 3 oz	7.07
Cookies, chocolate chip, refrigerated dough	1.0 serving	7.04
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	7.03
Snacks, tortilla chips, ranch-flavor	1.0 oz	6.98
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	6.95
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	6.92
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	6.89
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	6.88
Cheese, camembert	1.0 oz	6.88
Fish, tuna, white, canned in oil, drained solids	3.0 oz	6.87
Egg, whole, cooked, fried	1.0 large	6.83
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	6.8
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	6.78
Cookies, peanut butter, commercially prepared, regular	1.0 oz	6.75

Fish, swordfish, cooked, dry heat	3.0 oz	6.74
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	6.69
Soup, cream of mushroom, canned, condensed	0.5 cups	6.68
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	6.53
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	6.47
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	6.47
Cheese, neufchatel	1.0 oz	6.46
Snacks, corn-based, extruded, onion-flavor	1.0 oz	6.41
Cake, cheesecake, commercially prepared	1.0 oz	6.38
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	6.38
Fish, bluefish, cooked, dry heat	1.0 fillet	6.36
Fish, bluefish, raw	1.0 fillet	6.36
Danish pastry, cinnamon, enriched	1.0 oz	6.35
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.0 oz	6.32
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	6.31
Cookies, chocolate sandwich, with creme filling, special dietary	1.0 oz	6.27
Danish pastry, cheese	1.0 oz	6.21
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	6.18
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	6.14
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	6.09
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	6.08
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	6.03
Cookies, peanut butter sandwich, regular	1.0 oz	5.98
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	5.95
Croissants, butter	1.0 oz	5.95
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	5.94
Croissants, cheese	1.0 oz	5.93
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5.8
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	5.75
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	5.73
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	5.73
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	5.69
Soup, cream of celery, canned, prepared with equal volume water	1.0 cups	5.68
Cookies, vanilla sandwich with creme filling	1.0 oz	5.67
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	5.63
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5.6
Edamame, frozen, unprepared	1.0 cups	5.58

Crackers, wheat, regular	16.0 crackers 1 serving	5.58
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	5.57
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.0 oz	5.54
Yogurt, plain, whole milk	1.0 container (6 oz)	5.53
Gravy, beef, canned, ready-to-serve	1.0 cups	5.5
Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	1.0 serving	5.42
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	5.42
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	5.41
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	5.38
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	5.37
Cookies, oatmeal, refrigerated dough	1.0 oz	5.36
Fish, mackerel, spanish, raw	3.0 oz	5.36
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	5.34
Veal, shank (fore and hind), separable lean and fat, cooked, braised	3.0 oz	5.27
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	5.25
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	5.24
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	5.22
Nuts, coconut cream, raw (liquid expressed from grated meat)	1.0 tbsp	5.2
Keebler, Keebler Chocolate Graham SELECTS	1.0 serving	5.15
Fish, salmon, pink, canned, without salt, solids with bone and liquid	3.0 oz	5.14
Cookies, oatmeal, commercially prepared, regular	1.0 oz	5.13
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	5.1
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	5.07
Candies, MOUNDS Candy Bar	1.0 bar snack size	5.05
Veal, Australian, shank, hind, bone-in, separable lean only, raw	4.0 oz	5.05
Soup, cream of shrimp, canned, prepared with equal volume water	1.0 cups	5.05
Cheese, cream	1.0 tbsp	4.99
Pillsbury, Cinnamon Rolls with Icing, refrigerated dough	1.0 serving 1 roll with icing	4.96
Ice creams, BREYERS, All Natural Light French Chocolate	1.0 serving 1/2 cups	4.95
Sausage, turkey, hot, smoked	2.0 oz	4.9
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	4.89
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	4.87
Cheese, cottage, creamed, large or small curd	4.0 oz	4.86
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cups	4.85
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cups	4.84

Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	1.0 serving 1/2 cups	4.82
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	4.82
Soup, chicken noodle, dry, mix	1.0 packet	4.82
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	4.8
Egg, whole, raw, fresh	1.0 large	4.75
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	4.75
Egg, whole, cooked, poached	1.0 large	4.74
Archway Home Style Cookies, Iced Oatmeal	1.0 serving	4.63
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	4.62
Sausage, turkey, fresh, raw	1.0 serving	4.61
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	4.58
Pie, fried pies, fruit	1.0 oz	4.56
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	4.52
Focaccia, Italian flatbread, plain	1.0 piece	4.5
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cups	4.47
Cookies, oatmeal, with raisins	1.0 oz	4.47
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	4.46
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	4.44
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	4.42
Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	4.4
Rice flour, brown	1.0 cups	4.39
Cornmeal, whole-grain, white	1.0 cups	4.38
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	4.36
Cheese, cottage, creamed, with fruit	4.0 oz	4.35
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	4.31
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	4.27
Fish, salmon, pink, canned, drained solids	3.0 oz	4.27
Crackers, standard snack-type, regular	5.0 crackers	4.23
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	4.22
Corn flour, yellow, masa, enriched	1.0 cups	4.21
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	4.2
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	4.18
Veal, breast, whole, boneless, separable lean and fat, raw	1.0 oz	4.18
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	4.17
Continental Mills, Krusteaz Almond Poppyseed Muffin Mix, Artificially Flavored, dry	1.0 serving	4.12
Fish, salmon, chum, cooked, dry heat	3.0 oz	4.11

Heinz, Weight Watcher, Chocolate Eclair, frozen	1.0 eclair, frozen	4.07
Butter, salted	1.0 pat (1" sq, 1/3" high)	4.06
Candies, truffles, prepared-from-recipe	1.0 piece	4.05
Sorghum flour, whole-grain	1.0 cups	4.04
Archway Home Style Cookies, Iced Molasses	1.0 serving	4.04
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	4.03
Cookies, chocolate wafers	1.0 oz	4.03
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	3.98
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	3.94
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	3.93
Beans, baked, canned, with pork	1.0 cups	3.92
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	3.89
Pie, banana cream, prepared from recipe	1.0 oz	3.86
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	3.79
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	3.79
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	3.78
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	3.76
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	3.75
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	3.71
Baking chocolate, MARS SNACKFOOD US, M & M's Semisweet Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	3.66
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	3.64
Cookies, molasses	1.0 oz	3.63
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	3.59
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	3.56
Crackers, wheat, sandwich, with cheese filling	0.5 oz	3.55
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	3.55
Cookies, brownies, dry mix, sugar free	1.0 oz	3.54
Cake, cherry fudge with chocolate frosting	1.0 oz	3.54
Crackers, standard snack-type, sandwich, with peanut butter filling	0.5 oz	3.48
Cream, fluid, half and half	1.0 fl oz	3.47
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	3.46
George Weston Bakeries, Brownberry Sage and Onion Stuffing Mix, dry	1.0 serving	3.42
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	3.39
Fish, cisco, smoked	1.0 oz	3.37
Mollusks, mussel, blue, raw	1.0 cups	3.36
Milk, canned, condensed, sweetened	1.0 fl oz	3.32
Archway Home Style Cookies, Raspberry Filled	1.0 serving	3.31
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	3.31

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	3.28
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	3.28
Cake, snack cakes, creme-filled, sponge	1.0 oz	3.27
Baking chocolate, MARS SNACKFOOD US, M & M's Milk Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	3.27
Crackers, cheese, regular	0.5 oz	3.23
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	3.19
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	3.18
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	3.16
Archway Home Style Cookies, Molasses	1.0 serving	3.14
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	3.13
Ice creams, BREYERS, All Natural Light Vanilla	1.0 serving 1/2 cups	3.12
Pie, cherry, commercially prepared	1.0 oz	3.12
Nuts, coconut cream, canned, sweetened	1.0 tbsp	3.1
Candies, YORK Peppermint Pattie	1.0 patty 1.5 oz	3.08
Soup, beef noodle, canned, condensed	0.5 cups	3.08
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	3.06
Mission Foods, Mission Flour Tortillas, Soft Taco, 8 inch	1.0 serving	3.06
Archway Home Style Cookies, Date Filled Oatmeal	1.0 serving	3.01
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	3.01
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	3
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	3
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	3
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	2.94
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	2.91
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	2.9
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	2.88
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	2.88
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	2.86
Candies, YORK BITES	15.0 pieces	2.85
Soup, pea, green, canned, condensed	0.5 cups	2.85
Pie, blueberry, commercially prepared	1.0 oz	2.83
Nabisco, Nabisco Grahams Crackers	1.0 serving	2.8
Beans, black, mature seeds, raw	1.0 cups	2.75
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.0 oz	2.72
Pork, cured, ham, shank, bone-in, separable lean only, unheated	3.0 oz	2.71
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	2.7
Artificial Blueberry Muffin Mix, dry	1.0 muffin	2.7
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	2.69
Soup, bean with bacon, condensed, single brand	1.0 serving 1/2 cups	2.69
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	2.67

Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	2.64
Yogurt, plain, low fat	1.0 container (6 oz)	2.63
Croutons, seasoned	0.5 oz	2.6
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	2.58
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	2.58
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	2.57
Fish, herring, Atlantic, raw	1.0 oz, boneless	2.56
Barbecue loaf, pork, beef	1.0 oz	2.52
Noodles, egg, spinach, enriched, cooked	1.0 cups	2.51
Beverages, Protein powder soy based	1.0 scoop	2.5
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	8.0 fl oz	2.5
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	2.49
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	2.48
Alcoholic beverage, pina colada, canned	1.0 fl oz	2.48
Croissants, apple	1.0 oz	2.47
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	2.43
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	2.4
Cake, white, dry mix, special dietary (includes lemon-flavored)	1.0 oz	2.38
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	2.38
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	2.37
Beans, pink, mature seeds, raw	1.0 cups	2.37
Barley flour or meal	1.0 cups	2.37
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	2.37
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	2.37
Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.0 oz	2.36
Fish, roe, mixed species, cooked, dry heat	1.0 oz	2.33
Cream, sour, cultured	1.0 tbsp	2.32
Rowal, raw	0.5 cups	2.28
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	2.28
Wheat flour, white, bread, enriched	1.0 cups	2.27
MORI-NU, Tofu, silken, firm	1.0 slice	2.27
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	2.25
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	2.24
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	2.15
Turkey, ground, fat free, patties, broiled	3.0 oz	2.11
Guinea hen, meat only, raw	3.0 oz	2.1
Cookies, fig bars	1.0 oz	2.07
Soup, vegetable beef, microwavable, ready-to-serve, single brand	1.0 serving	2.04
Fish, wolffish, Atlantic, raw	3.0 oz	2.03

Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.02
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	2.01
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	1.99
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1.0 serving	1.98
Fish, tilapia, raw	1.0 fillet	1.97
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	1.97
Soup, chicken with rice, canned, condensed	0.5 cups	1.97
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw meat)	1.96
Yogurt, fruit, low fat,9 g protein/8 oz	1.0 container (6 oz)	1.95
Carissa, (natal-plum), raw	1.0 cups slices	1.95
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	1.85
Cream, sour, reduced fat, cultured	1.0 tbsp	1.8
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	1.79
Pillsbury, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	1.0 biscuit	1.79
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.77
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	1.77
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	1.77
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.75
Fish, scup, cooked, dry heat	1.0 fillet	1.75
Egg, whole, cooked, omelet	1.0 tbsp	1.75
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	1.75
Milk, buttermilk, dried	0.25 cups	1.73
Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry	1.0 serving	1.72
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.72
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	1.7
Noodles, egg, dry, unenriched	1.0 cups	1.69
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	1.67
Passion-fruit, (granadilla), purple, raw	1.0 cups	1.65
Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	1.65
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	1.64
Teff, cooked	1.0 cups	1.64
Soup, cream of chicken, canned, condensed, reduced sodium	0.5 cups	1.61
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.6
Biscuits, mixed grain, refrigerated dough	1.0 oz	1.59
Asparagus, canned, drained solids	1.0 cups	1.57
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	1.57

Whey, sweet, dried	1.0 cups	1.55
Potatoes, roasted, salt added in processing, frozen, unprepared	3.0 oz	1.54
Fish, cisco, raw	1.0 fillet	1.51
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	1.5
Blackberry juice, canned	1.0 cups	1.5
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	1.5
Pillsbury, Crusty French Loaf, refrigerated dough	1.0 serving	1.5
Cream substitute, liquid, with lauric acid oil and sodium caseinate	1.0 container, individual	1.5
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.48
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	3.0 oz	1.45
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.45
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.45
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	1.44
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	1.44
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	1.42
Bread, irish soda, prepared from recipe	1.0 oz	1.42
Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	1.0 serving 3.5 fl oz bar	1.39
Pasta, dry, unenriched	1.0 cups spaghetti	1.37
Pasta, dry, enriched	1.0 cups spaghetti	1.37
Bread, oatmeal, toasted	1.0 oz	1.36
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	1.34
Mollusks, oyster, eastern, farmed, raw	3.0 oz	1.32
Bread, wheat	1.0 slice	1.31
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	1.31
Crackers, rye, wafers, seasoned	0.5 oz	1.31
Puddings, chocolate, ready-to-eat	1.0 oz	1.3
Ham, honey, smoked, cooked	1.0 oz (1 serving)	1.3
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	1.3
Egg substitute, powder	0.35 oz	1.29
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	1.29
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	1.28
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	1.27
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	1.27
Bread, oat bran	1.0 oz	1.25
Wheat flour, white, all-purpose, unenriched	1.0 cups	1.23
Wheat flour, white, all-purpose, enriched, calcium-fortified	1.0 cups	1.23
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	1.22

Cereals, WHEATENA, cooked with water	1.0 cups	1.22
Bread, stuffing, cornbread, dry mix	1.0 oz	1.19
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	1.19
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	1.19
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	1.18
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	1.18
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	1.17
Fish, lingcod, cooked, dry heat	3.0 oz	1.16
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	1.15
Mollusks, oyster, Pacific, raw	1.0 medium	1.15
Bread, white, commercially prepared, toasted	1.0 oz	1.13
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	1.12
Bread, whole-wheat, commercially prepared	1.0 slice	1.12
Peppers, pasilla, dried	1.0 pepper	1.11
Bread, cracked-wheat	1.0 oz	1.11
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	1.11
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	1.1
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	1.1
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	1.1
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	1.09
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	1.09
Blueberries, wild, canned, heavy syrup, drained	1.0 cups	1.08
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.08
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	1.08
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cups	1.06
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	1.06
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	1.05
Beans, adzuki, mature seeds, raw	1.0 cups	1.04
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	1.03
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.03
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	1.02
Crackers, rusk toast	0.5 oz	1.02

Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	1.02
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	1.0 fl oz	1.02
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.0 oz	1
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	1
Beverages, Whey protein powder isolate	3.0 scoop	1
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1.0 fl oz	1
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	0.99
Bread, reduced-calorie, oatmeal	1.0 oz	0.99
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	0.99
Groundcherries, (cape-gooseberries or poha), raw	1.0 cups	0.98
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.97
Bread, stuffing, dry mix	1.0 oz	0.96
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	0.95
Plantains, yellow, raw	1.0 plantain	0.94
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	0.94
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	0.94
Croutons, plain	0.5 oz	0.94
Fish, burbot, cooked, dry heat	1.0 fillet	0.94
Kiwifruit, green, raw	1.0 cups, sliced	0.94
Bread, rye	1.0 oz	0.94
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	0.94
Taro, tahitian, cooked, without salt	1.0 cups slices	0.93
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	0.92
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.92
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.91
Mollusks, octopus, common, raw	3.0 oz	0.88
Macaroni, vegetable, enriched, dry	1.0 cups spiral shaped	0.87
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups, mashed	0.87
Squash, winter, hubbard, cooked, boiled, mashed, without salt	1.0 cups, mashed	0.87
Gooseberries, raw	1.0 cups	0.87
Fish, grouper, mixed species, raw	3.0 oz	0.87
Spinach, canned, regular pack, solids and liquids	1.0 cups	0.87
Fish, pollock, Alaska, cooked	3.0 oz	0.84
Litchis, raw	1.0 cups	0.84
Bread, reduced-calorie, wheat	1.0 oz	0.83
Peas, mature seeds, sprouted, raw	1.0 cups	0.82
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	0.8
Spices, nutmeg, ground	1.0 tsp	0.8
Gravy, brown instant, dry	1.0 serving	0.79
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.79
Vegetable juice cocktail, canned	1.0 cups	0.78
Milk shakes, thick chocolate	1.0 fl oz	0.77
Nabisco, Nabisco Ritz Crackers	1.0 cracker	0.77

Cake, sponge, commercially prepared	1.0 oz	0.77
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	0.77
Fish, mahimahi, cooked, dry heat	3.0 oz	0.77
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	0.77
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	0.76
Fish, pike, northern, cooked, dry heat	3.0 oz	0.75
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cups	0.74
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	0.74
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	0.73
Spices, mustard seed, ground	1.0 tsp	0.72
Pomegranate juice, bottled	1.0 cups	0.72
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	0.72
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	0.72
Bread, reduced-calorie, white	1.0 oz	0.71
Tomato juice, canned, with salt added	1.0 cups	0.7
Tomato juice, canned, without salt added	1.0 cups	0.7
Mushrooms, portabella, grilled	1.0 cups sliced	0.7
Beans, black turtle, mature seeds, canned	1.0 cups	0.7
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	0.69
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	0.68
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	0.68
Garlic, raw	1.0 cups	0.68
Candies, TWIZZLERS CHERRY BITES	18.0 pieces	0.68
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	0.68
Seeds, safflower seed meal, partially defatted	1.0 oz	0.68
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	0.66
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.0 cups	0.66
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	0.66
Blackberries, frozen, unsweetened	1.0 cups, unthawed	0.65
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	0.65
Beans, black turtle, mature seeds, cooked, boiled, without salt	1.0 cups	0.65
Salad dressing, russian dressing, low calorie	1.0 tablespoon	0.64
Seeds, lotus seeds, dried	1.0 cups	0.63
Snacks, fruit leather, rolls	1.0 large	0.63
Sweet potato, canned, syrup pack, drained solids	1.0 cups	0.63
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.63
Mangos, raw	1.0 cups pieces	0.63
Bread, protein (includes gluten)	1.0 oz	0.62
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.0 cups	0.62
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	0.61

Bread, french or vienna, toasted (includes sourdough)	1.0 oz	0.61
Tangerines, (mandarin oranges), raw	1.0 cups, sections	0.6
Bread, white wheat	1.0 slice	0.6
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.6
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	0.6
Lemon juice, raw	1.0 cups	0.59
Peas, green, raw	1.0 cups	0.58
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	0.58
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cups	0.56
Soup, chicken broth or bouillon, dry	1.0 cube	0.56
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	0.55
Spices, mace, ground	1.0 tsp	0.55
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	0.55
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.54
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	0.54
Oranges, raw, California, valencias	1.0 cups sections, without membranes	0.54
Tomato products, canned, puree, with salt added	1.0 cups	0.53
Tomato products, canned, puree, without salt added	1.0 cups	0.53
Muffins, English, mixed-grain (includes granola)	1.0 oz	0.51
Oranges, raw, with peel	1.0 cups	0.51
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	0.51
Breadfruit, raw	1.0 cups	0.51
Seeds, sesame flour, low-fat	1.0 oz	0.5
Beverages, chocolate powder, no sugar added	2.0 tbsp	0.49
Tomatoes, red, ripe, canned, stewed	1.0 cups	0.48
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	0.48
Cracker, meal	1.0 oz	0.48
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	0.48
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	0.47
Tomato products, canned, sauce, with onions	1.0 cups	0.47
Noodles, japanese, somen, dry	2.0 oz	0.46
Currants, european black, raw	1.0 cups	0.46
Loganberries, frozen	1.0 cups, unthawed	0.46
Bamboo shoots, raw	1.0 cups (1/2" slices)	0.45
Broccoli, frozen, chopped, unprepared	1.0 cups	0.45
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.45
Rice, white, long-grain, regular, cooked, unenriched, with salt	1.0 cups	0.44
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	0.44

Carambola, (starfruit), raw	1.0 cups, cubes	0.44
Peas, edible-podded, frozen, unprepared	1.0 cups	0.43
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	0.42
Applesauce, canned, sweetened, without salt	1.0 cups	0.42
Cranberry sauce, canned, sweetened	1.0 cups	0.42
Olives, pickled, canned or bottled, green	1.0 olive	0.41
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	0.4
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	0.39
Rice, white, medium-grain, cooked, unenriched	1.0 cups	0.39
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.)	0.39
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	0.38
Fish, haddock, raw	3.0 oz	0.38
Papayas, raw	1.0 cups 1" pieces	0.38
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	0.37
Rice noodles, cooked	1.0 cups	0.35
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	0.35
Cress, garden, raw	1.0 cups	0.35
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	0.34
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	0.34
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	0.34
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	0.34
Spices, anise seed	1.0 tsp, whole	0.33
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	0.33
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	0.32
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	0.32
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	0.32
Grapes, american type (slip skin), raw	1.0 cups	0.32
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	0.32
Currants, zante, dried	1.0 cups	0.32
Noodles, japanese, somen, cooked	1.0 cups	0.32
Snacks, rice cakes, brown rice, multigrain	1.0 cake	0.32
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	0.32
Syrups, table blends, pancake, with 2% maple, with added potassium	1.0 cups	0.32
Kale, raw	1.0 cups	0.31
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	0.31
Kale, frozen, unprepared	1.0 cups	0.31
Boysenberries, canned, heavy syrup	1.0 cups	0.31
Carrots, raw	1.0 cups chopped	0.31

Spices, caraway seed	1.0 tsp	0.31
Tamarind nectar, canned	1.0 cups	0.3
Blueberries, frozen, sweetened	1.0 cups, thawed	0.3
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	0.3
Orange juice, chilled, includes from concentrate, with added calcium	1.0 cups	0.3
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	0.29
Snacks, rice cakes, brown rice, corn	1.0 cake	0.29
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	0.29
Mushrooms, Chanterelle, raw	1.0 cups	0.29
Spices, curry powder	1.0 tsp	0.28
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	0.28
Cherries, sweet, raw	1.0 cups, with pits, yields	0.28
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	0.27
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	0.27
Grapes, canned, thompson seedless, water pack, solids and liquids	1.0 cups	0.27
Brussels sprouts, raw	1.0 cups	0.26
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	0.26
Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	0.25
Cherries, sour, red, canned, light syrup pack, solids and liquids	1.0 cups	0.25
Parmesan cheese topping, fat free	1.0 tablespoon	0.25
Squash, summer, zucchini, italian style, canned	1.0 cups	0.25
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	0.25
Figs, canned, water pack, solids and liquids	1.0 cups	0.25
Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cups	0.25
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	0.24
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	0.24
Apricots, canned, heavy syrup, drained	1.0 cups, halves	0.24
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	0.24
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	0.24
Okra, frozen, unprepared	0.33 package (10 oz)	0.24
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups, chopped	0.24
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.23
Beets, raw	1.0 cups	0.23
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.25 cups	0.23
Grapefruit, raw, white, Florida	1.0 cups sections, with juice	0.23
Beans, snap, green, frozen, cooked, boiled, drained without salt	1.0 cups	0.23
Grapefruit juice, white, canned, sweetened	1.0 cups	0.23

Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	0.23
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	0.22
Currants, red and white, raw	1.0 cups	0.22
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	0.22
Plantains, yellow, baked	1.0 cups	0.22
Beets, canned, regular pack, solids and liquids	1.0 cups	0.22
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	0.22
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.0 cups	0.22
Asparagus, canned, regular pack, solids and liquids	0.5 cups	0.22
Purslane, cooked, boiled, drained, without salt	1.0 cups	0.22
Candies, caramels, chocolate-flavor roll	1.0 piece	0.22
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	0.22
Papaya, canned, heavy syrup, drained	1.0 piece	0.21
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.0 cups, halves	0.21
Drumstick pods, raw	1.0 cups slices	0.2
Snacks, potato chips, fat-free, made with olestra	1.0 oz	0.2
Asparagus, cooked, boiled, drained	0.5 cups	0.2
Broccoli raab, raw	1.0 cups chopped	0.2
Peas, edible-podded, raw	1.0 cups, chopped	0.2
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cups, mashed	0.2
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups, mashed	0.2
Pears, raw	1.0 cups, slices	0.2
Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	1.0 slice	0.19
Cauliflower, green, raw	1.0 cups	0.19
Figs, raw	1.0 large (2-1/2" dia)	0.19
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	0.19
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	0.18
Cardoon, raw	1.0 cups, shredded	0.18
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	0.17
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	0.17
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	0.17
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	0.17
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cups	0.17
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	0.17
Snacks, potato chips, fat free, salted	1.0 oz	0.17
Lime juice, raw	1.0 cups	0.17
Squash, winter, butternut, frozen, cooked, boiled, without salt	1.0 cups, mashed	0.17
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	0.16
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsps	0.16
Onions, raw	1.0 cups, chopped	0.16

Balsam-pear (bitter gourd), pods, raw	1.0 cups (1/2" pieces)	0.16
Purslane, raw	1.0 cups	0.15
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	0.15
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	0.15
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	0.15
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	0.15
Apples, raw, without skin	1.0 cups slices	0.14
Chicory roots, raw	1.0 root	0.12
Onions, sweet, raw	1.0 NLEA serving	0.12
Spinach, raw	1.0 cups	0.12
Radishes, raw	1.0 cups slices	0.12
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups, cubes	0.12
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	0.11
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cups	0.1
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	0.1
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	0.1
Spices, turmeric, ground	1.0 tsp	0.1
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	0.1
Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	0.09
Cowpeas, leafy tips, raw	1.0 cups, chopped	0.09
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cups	0.09
Spices, savory, ground	1.0 tsp	0.08
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	0.08
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	0.08
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	0.08
Spices, ginger, ground	1.0 tsp	0.08
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	0.08
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	0.08
Spices, thyme, dried	1.0 tsp, leaves	0.07
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	0.07
Mountain yam, hawaii, raw	0.5 cups, cubes	0.07
Potatoes, flesh and skin, raw	0.5 cups, diced	0.07
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	0.06
Potatoes, baked, skin, without salt	1.0 skin	0.06
Onions, frozen, whole, unprepared	0.33 package (10 oz)	0.06
Milk, dry, nonfat, calcium reduced	1.0 oz	0.06
Egg, white, raw, fresh	1.0 large	0.06

Chicory, witloof, raw	1.0 head	0.05
Spices, bay leaf	1.0 tsp, crumbled	0.05
Endive, raw	0.5 cups, chopped	0.05
Tree fern, cooked, without salt	0.5 cups, chopped	0.05
Beet greens, raw	1.0 cups	0.05
Spices, tarragon, dried	1.0 tsp, leaves	0.04
Spices, marjoram, dried	1.0 tsp	0.04
Kanpyo, (dried gourd strips)	1.0 strip	0.04
Beverages, Whiskey sour mix, bottled	1.0 fl oz	0.03
Whiskey sour mix, bottled, with added potassium and sodium	1.0 fl oz	0.03
Spices, cinnamon, ground	1.0 tsp	0.03
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	0.03
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	0.03
Grapes, muscadine, raw	1.0 grape	0.03
Onions, dehydrated flakes	1.0 tbsp	0.02
Ginger root, raw	1.0 tsp	0.01
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.0 tbsp chopped	0.01
Arugula, raw	1.0 leaf	0.01
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	0.01
Orange peel, raw	1.0 tbsp	0.01
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	0.01
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	0.01
Dill weed, fresh	5.0 sprigs	0.01
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	1.0 fl oz	0.01
Longans, dried	1.0 fruit	0.01