



Abridged List Ordered by Nutrient Content in Household Measure
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)
Nutrients: **Vitamin C, Total Ascorbic Acid (mg)**

Description	Measure	Vitamin C, Total Ascorbic Acid (mg) Per	
		Measure	
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups		379.4
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)		248
Currants, european black, raw	1.0 cups		202.7
Tomato juice, canned, with salt added	1.0 cups		170.3
Tomato juice, canned, without salt added	1.0 cups		170.3
Kiwifruit, green, raw	1.0 cups, sliced		166.9
Drumstick pods, raw	1.0 cups slices		141
Vegetable juice cocktail, canned	1.0 cups		137.4
Litchis, raw	1.0 cups		135.8
Pokeberry shoots, (poke), cooked, boiled, drained, without	1.0 cups		135.3
Oranges, raw, with peel	1.0 cups		120.7
Lemon juice, raw	1.0 cups		94.4
Papayas, raw	1.0 cups 1"		88.3
Broccoli, frozen, chopped, unprepared	1.0 cups		88
Oranges, raw, California, valencias	1.0 cups sections, without membranes		87.3
Grapefruit, raw, white, Florida	1.0 cups sections, with juice		85.1
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups		84.4
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups		83.7
Orange juice, chilled, includes from concentrate, with added	1.0 cups		83.7
Balsam-pear (bitter gourd), pods, raw	1.0 cups (1/2" pieces)		78.1
Brussels sprouts, raw	1.0 cups		74.8
Soybeans, green, raw	1.0 cups		74.2
Broccoli, frozen, chopped, cooked, boiled, drained, without	1.0 cups		73.8
Lime juice, raw	1.0 cups		72.6
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice		71.8
Beans, kidney, mature seeds, sprouted, raw	1.0 cups		71.2
Passion-fruit, (granadilla), purple, raw	1.0 cups		70.8
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz		68.9
Grapefruit juice, white, canned, sweetened	1.0 cups		67.2
Breadfruit, raw	1.0 cups		63.8

Nuts, chestnuts, european, raw, unpeeled	1.0 cups	62.4
Mangos, raw	1.0 cups pieces	60.1
Beverages, V8 SPLASH Smoothies, Peach Mango	1.0 serving 8 oz	60
Beverages, V8 SPLASH Smoothies, Strawberry Banana	1.0 serving 8 oz	60
Beverages, V8 V-FUSION Juices, Peach Mango	1.0 serving 8 oz	60
Beverages, V8 SPLASH Juice Drinks, Mango Peach	1.0 serving 8 oz	60
Beverages, The COCA-COLA company, Hi-C Flashin' Fruit	6.0 fl oz	60
Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	1.0 serving 8 oz	60
Peas, edible-podded, raw	1.0 cups,	58.8
Peas, green, raw	1.0 cups	58
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	57.2
Carissa, (natal-plum), raw	1.0 cups slices	57
Cauliflower, green, raw	1.0 cups	56.4
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	54.3
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	53.4
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	53.2
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	52.5
Tangerines, (mandarin oranges), raw	1.0 cups, sections	52.1
Taro, tahitian, cooked, without salt	1.0 cups slices	52.1
Plantains, yellow, raw	1.0 plantain	49.7
Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cups	48.6
Currants, red and white, raw	1.0 cups	45.9
Carambola, (starfruit), raw	1.0 cups, cubes	45.4
Asparagus, canned, drained solids	1.0 cups	44.5
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	44.2
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	44.2
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	43.9
Garlic, raw	1.0 cups	42.4
Gooseberries, raw	1.0 cups	41.5
Turnip greens, cooked, boiled, drained, without salt	1.0 cups,	39.5
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	38
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	35.8
Cress, garden, raw	1.0 cups	34.5
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	33
Peas, edible-podded, frozen, unprepared	1.0 cups	31.7
Spinach, canned, regular pack, solids and liquids	1.0 cups	31.6
Tomato products, canned, sauce, with onions	1.0 cups	31.1
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	31
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cups	30.9
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	30.8
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	30.6
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	30.2

Beverages, Whey protein powder isolate	3.0 scoop	30
Turnip greens and turnips, frozen, cooked, boiled, drained,	1.0 cups	29.7
Rowal, raw	0.5 cups	29.4
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	28.7
Blackberry juice, canned	1.0 cups	28.2
Tomato products, canned, puree, with salt added	1.0 cups	26.5
Tomato products, canned, puree, without salt added	1.0 cups	26.5
Kale, frozen, unprepared	1.0 cups	26.3
Potatoes, scalloped, home-prepared with butter	1.0 cups	26
Snacks, fruit leather, rolls	1.0 large	25.2
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	24.8
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25%	2.0 oz 1 NLEA serving	24.1
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	23.5
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	23.2
Plantains, yellow, baked	1.0 cups	22.8
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	22.5
Loganberries, frozen	1.0 cups, unthawed	22.5
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	22.3
Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	22
Tree fern, cooked, without salt	0.5 cups,	21.3
Sweet potato, canned, syrup pack, drained solids	1.0 cups	21.2
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	20.5
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	20.4
Tomatoes, red, ripe, canned, stewed	1.0 cups	20.1
Asparagus, canned, regular pack, solids and liquids	0.5 cups	20.1
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	19.7
Kale, raw	1.0 cups	19.6
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	19.5
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	17.9
Tamarind nectar, canned	1.0 cups	17.8
Snacks, potato chips, barbecue-flavor	1.0 oz	17.7
POPEYES, Coleslaw	1.0 package	17.6
Lima beans, immature seeds, cooked, boiled, drained,	1.0 cups	17.2
Radishes, raw	1.0 cups slices	17.2
Sausage, turkey, hot, smoked	2.0 oz	17
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	17
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	16.8
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	16.5

Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups, mashed	15.9
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cups, mashed	15.9
Boysenberries, canned, heavy syrup	1.0 cups	15.9
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups,	15.7
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	15.6
Groundcherries, (cape-gooseberries or poha), raw	1.0 cups	15.4
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups, mashed	15.3
Squash, winter, hubbard, cooked, boiled, mashed, without	1.0 cups, mashed	15.3
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	15
Potatoes, flesh and skin, raw	0.5 cups, diced	14.8
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	14.1
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	13.7
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	13.6
Snacks, potato sticks	1.0 oz	13.4
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	13.1
Cowpeas, leafy tips, raw	1.0 cups,	13
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	12.6
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	12.6
Peas, mature seeds, sprouted, raw	1.0 cups	12.5
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	12.1
Purslane, cooked, boiled, drained, without salt	1.0 cups	12.1
Mollusks, mussel, blue, raw	1.0 cups	12
Pork, fresh, variety meats and by-products, brain, cooked,	3.0 oz	11.9
Onions, raw	1.0 cups,	11.8
Okra, frozen, unprepared	0.33 package (10 oz)	11.8
Edamame, frozen, unprepared	1.0 cups	11.4
Beet greens, raw	1.0 cups	11.4
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cups	11.3
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cups	10.7
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	10.6
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	10.4
Milk, sheep, fluid	1.0 cups	10.3
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	10.2
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	9.8
Cherries, sweet, raw	1.0 cups, with pits, yields	9.7
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	9.2
Purslane, raw	1.0 cups	9
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	9

Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	8.8
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cups	8.7
Spinach, raw	1.0 cups	8.4
Squash, winter, butternut, frozen, cooked, boiled, without	1.0 cups, mashed	8.4
Kielbasa, Polish, turkey and beef, smoked	1.0 serving 2 oz	8.3
Orange peel, raw	1.0 tbsp	8.2
Broccoli raab, raw	1.0 cups chopped	8.1
Snacks, potato chips, fat-free, made with olestra	1.0 oz	8
Apricots, canned, heavy syrup pack, with skin, solids and	1.0 cups, halves	8
Potatoes, baked, skin, without salt	1.0 skin	7.8
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	7.8
Onions, frozen, whole, unprepared	0.33 package (10 oz)	7.6
Carrots, raw	1.0 cups chopped	7.6
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	7.5
Nuts, hazelnuts or filberts	1.0 cups,	7.2
Onions, sweet, raw	1.0 NLEA serving	7.1
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	7.1
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	7
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	7
Asparagus, cooked, boiled, drained	0.5 cups	6.9
Beets, canned, regular pack, solids and liquids	1.0 cups	6.9
Apricots, canned, heavy syrup, drained	1.0 cups, halves	6.8
Currants, zante, dried	1.0 cups	6.8
Beets, raw	1.0 cups	6.7
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	6.7
Beans, black turtle, mature seeds, canned	1.0 cups	6.5
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	6.4
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	6.1
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	6.1
Bamboo shoots, raw	1.0 cups (1/2" slices)	6
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	6
Pears, raw	1.0 cups, slices	6
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	6
Beverages, chocolate powder, no sugar added	2.0 tbsp	6
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	5.9
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	5.8
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	5.8
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	5.8

Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	1.0 serving 1.75 fl oz pop	5.7
Beans, snap, green, frozen, cooked, boiled, drained without	1.0 cups	5.5
Bologna, chicken, turkey, pork	1.0 serving	5.5
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	5.5
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	5.5
Squash, summer, zucchini, italian style, canned	1.0 cups	5.2
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	5.2
Beans, baked, canned, with pork	1.0 cups	5.1
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	5
Cherries, sour, red, canned, light syrup pack, solids and	1.0 cups	5
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	4.8
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	4.7
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	4.7
Blackberries, frozen, unsweetened	1.0 cups, unthawed	4.7
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cups	4.7
Fish, roe, mixed species, cooked, dry heat	1.0 oz	4.6
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	4.4
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	4.4
Squab, (pigeon), meat and skin, raw	3.0 oz	4.4
Apples, raw, without skin	1.0 cups slices	4.4
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	4.4
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	4.3
Mollusks, octopus, common, raw	3.0 oz	4.2
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	4.2
Applesauce, canned, sweetened, without salt	1.0 cups	4.2
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	4.1
Mollusks, oyster, Pacific, raw	1.0 medium	4
Mollusks, oyster, eastern, farmed, raw	3.0 oz	4
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	3.9
Cake, cherry fudge with chocolate frosting	1.0 oz	3.9
Nuts, butternuts, dried	1.0 cups	3.8
Eggnog	1.0 cups	3.8
Onions, dehydrated flakes	1.0 tbsp	3.8
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.7
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cups	3.7

Grapes, american type (slip skin), raw	1.0 cups	3.7
Milk, producer, fluid, 3.7% milkfat	1.0 cups	3.7
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	3.6
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	3.6
Cardoon, raw	1.0 cups, shredded	3.6
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	3.2
Fish, pike, northern, cooked, dry heat	3.0 oz	3.2
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	3.2
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	3.1
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	3.1
Bologna, pork, turkey and beef	1.0 oz	3.1
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	3
Chicory roots, raw	1.0 root	3
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	3
Cranberry sauce, canned, sweetened	1.0 cups	2.8
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	2.7
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	2.7
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	2.7
Fast foods, biscuit, with egg and bacon	1.0 biscuit	2.7
Snacks, potato chips, fat free, salted	1.0 oz	2.6
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	2.6
Beverages, Propel Zero, fruit-flavored, non-carbonated	1.0 fl oz	2.6
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	2.5
Figs, canned, water pack, solids and liquids	1.0 cups	2.5
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	2.5
Grapes, canned, thompson seedless, water pack, solids and	1.0 cups	2.5
Snacks, potato chips, made from dried potatoes, cheese-	1.0 oz	2.4
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-	1.0 fl oz	2.4
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-	1.0 fl oz	2.4
Blueberries, frozen, sweetened	1.0 cups, thawed	2.3
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	2.2
Sesbania flower, raw	1.0 flower	2.2
Whey, sweet, dried	1.0 cups	2.2
Seeds, pumpkin and squash seed kernels, roasted, with salt	1.0 cups	2.1
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	2.1
Milk, dry, nonfat, regular, without added vitamin A and	0.25 cups	2

Liverwurst spread	0.25 cups	1.9
Milk, dry, nonfat, calcium reduced	1.0 oz	1.9
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	1.9
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	1.9
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	1.8
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	1.8
Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	1.8
Mountain yam, hawaii, raw	0.5 cups, cubes	1.8
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	1.8
Milk, buttermilk, dried	0.25 cups	1.7
Soup, pea, green, canned, condensed	0.5 cups	1.7
Endive, raw	0.5 cups,	1.6
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	1.6
Cheese, cottage, creamed, with fruit	4.0 oz	1.6
Snacks, tortilla chips, low fat, made with olestra, nacho	1.0 oz	1.6
Frankfurter, pork	1.0 link	1.5
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	1.5
Chicory, witloof, raw	1.0 head	1.5
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	1.5
Cereals ready-to-eat, granola, homemade	1.0 cups	1.5
Guinea hen, meat only, raw	3.0 oz	1.4
Potatoes, roasted, salt added in processing, frozen,	3.0 oz	1.4
Fast foods, english muffin, with egg, cheese, and canadian	1.0 sandwich	1.4
Papaya, canned, heavy syrup, drained	1.0 piece	1.4
Yogurt, plain, low fat	1.0 container (6 oz)	1.4
Fish, mackerel, spanish, raw	3.0 oz	1.4
Sausage, turkey, fresh, raw	1.0 serving	1.3
Figs, raw	1.0 large (2-1/2" dia)	1.3
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	1.2
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	1.2
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	1.2
Mckee Baking, Little Debbie Nutty Bars, Wafers with Peanut Butter, Chocolate Covered	1.0 serving	1.1
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cups	1.1
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	1
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	1
Milk, canned, condensed, sweetened	1.0 fl oz	1
Bread, stuffing, cornbread, dry mix	1.0 oz	1
Sorghum flour, whole-grain	1.0 cups	1

Soup, beef broth, bouillon, consommé, prepared with equal volume water	1.0 cups (8 fl oz)	1
Salad dressing, russian dressing, low calorie	1.0 tablespoon	1
Blueberries, wild, canned, heavy syrup, drained	1.0 cups	1
Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	1.0 serving 1/2 cups	1
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.9
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	0.9
Beverages, Whiskey sour mix, bottled	1.0 fl oz	0.9
Whiskey sour mix, bottled, with added potassium and sodium	1.0 fl oz	0.9
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	0.8
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	0.8
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	0.8
Dill weed, fresh	5.0 sprigs	0.8
Yogurt, plain, whole milk	1.0 container (6 oz)	0.8
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	0.8
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	0.8
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	0.8
Pie, blueberry, commercially prepared	1.0 oz	0.8
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	0.8
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.8
Ice creams, BREYERS, All Natural Light Vanilla	1.0 serving 1/2 cups	0.7
Cream, fluid, light whipping	1.0 cups,	0.7
Cream, fluid, heavy whipping	1.0 cups,	0.7
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	0.7
Salami, pork, beef, less sodium	3.0 oz	0.7
Spices, savory, ground	1.0 tsp	0.7
Ice creams, BREYERS, All Natural Light French Chocolate	1.0 serving 1/2 cups	0.7
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	0.7
Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	1.0 serving 3.5 fl oz bar	0.7
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	0.6
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	0.6
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	0.6
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	0.6
Dessert topping, powdered, 1.5 ounce prepared with 1/2	1.0 cups	0.6
Pork, fresh, leg (ham), whole, separable lean only, cooked,	1.0 cups, diced	0.5

Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	0.5
Snacks, corn-based, extruded, onion-flavor	1.0 oz	0.5
Pork, fresh, loin, whole, separable lean and fat, cooked,	3.0 oz	0.5
Candies, confectioner's coating, peanut butter	1.0 cups chips	0.5
Spices, thyme, dried	1.0 tsp, leaves	0.5
Alcoholic beverage, whiskey sour, canned	1.0 fl oz	0.5
Alcoholic beverage, pina colada, canned	1.0 fl oz	0.5
Longans, dried	1.0 fruit	0.5
Pie, banana cream, prepared from recipe	1.0 oz	0.5
Peppers, pasilla, dried	1.0 pepper	0.4
Spices, anise seed	1.0 tsp, whole	0.4
Spices, caraway seed	1.0 tsp	0.4
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	0.4
Snacks, pork skins, barbecue-flavor	1.0 oz	0.4
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	0.4
Nuts, coconut cream, raw (liquid expressed from grated	1.0 tbsp	0.4
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	0.4
Sausage, pork and turkey, pre-cooked	1.0 serving	0.4
Alcoholic beverage, daiquiri, canned	1.0 fl oz	0.4
Onions, frozen, chopped, cooked, boiled, drained, without	1.0 tbsp chopped	0.4
Grapes, muscadine, raw	1.0 grape	0.4
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	0.4
Soup, beef noodle, canned, condensed	0.5 cups	0.4
Pie, fried pies, fruit	1.0 oz	0.4
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	0.4
Spices, mace, ground	1.0 tsp	0.4
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	0.3
Beerwurst, beer salami, pork and beef	2.0 oz	0.3
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	0.3
Beerwurst, pork and beef	1.0 serving 2 oz	0.3
Ham, honey, smoked, cooked	1.0 oz (1 serving)	0.3
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	0.3
Spices, marjoram, dried	1.0 tsp	0.3
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	0.3
Spices, tarragon, dried	1.0 tsp, leaves	0.3
Arugula, raw	1.0 leaf	0.3
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	0.3
Spices, bay leaf	1.0 tsp, crumbled	0.3
Cream, fluid, half and half	1.0 fl oz	0.3
Pie, cherry, commercially prepared	1.0 oz	0.3
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	0.3
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	0.3
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	0.3

Sauce, cheese, ready-to-serve	0.25 cups	0.3
Pomegranate juice, bottled	1.0 cups	0.2
Soup, cream of celery, canned, prepared with equal volume	1.0 cups	0.2
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	0.2
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	0.2
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.2
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	0.2
Bread, irish soda, prepared from recipe	1.0 oz	0.2
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	0.2
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	0.2
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.0 bar 1.55 oz	0.2
Crackers, wheat, sandwich, with cheese filling	0.5 oz	0.2
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.2
Fish, herring, Atlantic, raw	1.0 oz, boneless	0.2
Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	1.0 serving 13 pieces	0.2
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	0.2
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	0.2
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	0.2
Sausage, Italian, sweet, links	1.0 link 3 oz	0.2
Fast foods, croissant, with egg, cheese, and ham	1.0 item	0.2
Spices, mustard seed, ground	1.0 tsp	0.1
Bread, reduced-calorie, white	1.0 oz	0.1
Cookies, oatmeal, commercially prepared, regular	1.0 oz	0.1
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	0.1
Croissants, apple	1.0 oz	0.1
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	0.1
Cream, sour, reduced fat, cultured	1.0 tbsp	0.1
Gravy, brown instant, dry	1.0 serving	0.1
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	0.1
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	0.1
Cake, cheesecake, commercially prepared	1.0 oz	0.1
Bread, rye	1.0 oz	0.1
Cheese substitute, mozzarella	1.0 cups, shredded	0.1
Cream, sour, cultured	1.0 tbsp	0.1
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	0.1
Ginger root, raw	1.0 tsp	0.1

Spices, cinnamon, ground	1.0 tsp	0.1
Garlic bread, frozen	1.0 slice presliced	0.1
Snacks, oriental mix, rice-based	1.0 oz	0.1
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	0.1
Cookies, brownies, prepared from recipe	1.0 oz	0.1
Bread, oatmeal, toasted	1.0 oz	0.1
Cookies, fig bars	1.0 oz	0.1
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	0.1
Puddings, chocolate, ready-to-eat	1.0 oz	0.1
Baking chocolate, MARS SNACKFOOD US, M & M's Milk Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	0.1
Salad dressing, french, home recipe	1.0 tablespoon	0.1
Martha White Foods, Martha White's Buttermilk Biscuit Mix,	1.0 serving	0.1
Egg substitute, powder	0.35 oz	0.1
Frostings, coconut-nut, ready-to-eat	0.08 package	0.1
Candies, MOUNDS Candy Bar	1.0 bar snack size	0.1
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.1
Spices, nutmeg, ground	1.0 tsp	0.1
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	0.1
Bread, wheat	1.0 slice	0.1
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	0.1
Cake, coffeecake, cinnamon with crumb topping, dry mix,	1.0 oz	0.1
Croissants, cheese	1.0 oz	0.1
Bread, reduced-calorie, oatmeal	1.0 oz	0.1
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	0.1
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	0.1
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	0.1
Croissants, butter	1.0 oz	0.1
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	0.1
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	0.1
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	0.1