



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

Description	Measure	Cholesterol (mg) Per Measure
Pork, fresh, variety meats and by-products, brain, cooked, braised	3.0 oz	2169
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	1131
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	536
Fast foods, biscuit, with egg and bacon	1.0 biscuit	352
Fast Foods, biscuit, with egg and sausage	1.0 item	261
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	260
Fast foods, croissant, with egg, cheese, and ham	1.0 item	217
Fast foods, english muffin, with egg, cheese, and canadian bacon	1.0 sandwich	212
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	210
Egg, whole, raw, fresh	1.0 large	186
Egg, whole, cooked, poached	1.0 large	185
Egg, whole, cooked, fried	1.0 large	184
Eggnog	1.0 cups	150
Cheese, mexican, queso chihuahua	1.0 cups, diced	139
Fish, roe, mixed species, cooked, dry heat	1.0 oz	136
Cream, fluid, heavy whipping	1.0 cups, whipped	136
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cups	134
Cheese, feta	1.0 cups, crumbled	134
Cream, fluid, light whipping	1.0 cups, whipped	133
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	131
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	127
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cups, diced	127
Cheese, muenster	1.0 cups, diced	127
Cheese, swiss	1.0 cups, diced	123
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	122
Cheese, pasteurized process, swiss	1.0 cups, diced	119
Chicken, skin (drumsticks and thighs), raw	4.0 oz	119
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped	116
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	114
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cups	111
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	108
Veal, shank (fore and hind), separable lean and fat, cooked, braised	3.0 oz	105
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	105
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	104
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	101

Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	99
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	99
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	99
Veal, breast, whole, boneless, separable lean only, cooked, braised	3.0 oz	99
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	99
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	98
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	97
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	96
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	96
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	94
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	93
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	93
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	93
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	92
Cheese, provolone	1.0 cups, diced	91
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	91
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select,	4.0 oz	90
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook	90
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	90
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	90
Salami, pork, beef, less sodium	3.0 oz	90
Fish, bluefish, cooked, dry heat	1.0 fillet	89
Fish, bluefish, raw	1.0 fillet	88
Cheese, mozzarella, whole milk	1.0 cups, shredded	88
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	88
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	88
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	87
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	87
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw	87
Cheese, parmesan, grated	1.0 cups	86
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.0 oz	86
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	84
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	83
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	82
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3.0 oz	82

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	82
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	82
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	82
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	82
Fish, salmon, chum, cooked, dry heat	3.0 oz	81
Squab, (pigeon), meat and skin, raw	3.0 oz	81
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	80
Fish, mahimahi, cooked, dry heat	3.0 oz	80
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	80
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	79
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	79
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	78
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	78
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	78
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	78
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	78
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	77
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.0 oz	77
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	77
Cheese spread, pasteurized process, American	1.0 cups, diced	77
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	76
Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	76
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	76
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	76
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	76
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	76
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	76
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	75

Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.0 oz	75
Cream puff, éclair, custard or cream filled, iced	4.0 oz	75
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw	74
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	74
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3.0 oz	74
Beef, Australian, imported, grass-fed, seam fat, raw	4.0 oz	73
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	73
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades,	4.0 oz	73
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	73
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	73
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked,	1.0 serving (3 oz)	73
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	73
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	72
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	72
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	72
Game meat, bison, top round, separable lean only, 1" steak, cooked,	1.0 serving (3 oz)	72
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	72
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	72
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw	72
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	71
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	71
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	71
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	71
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	71
Fish, salmon, pink, canned, drained solids	3.0 oz	71
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	71
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4.0 oz	70
Fish, burbot, cooked, dry heat	1.0 fillet	69
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	69
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	68

Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	68
Game meat, bison, ribeye, separable lean only, 1" steak, cooked,	1.0 serving (3 oz)	67
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	67
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	67
Veal, Australian, shank, hind, bone-in, separable lean only, raw	4.0 oz	67
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	67
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	67
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	66
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	66
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	66
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	66
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	66
Fish, swordfish, cooked, dry heat	3.0 oz	66
Milk, sheep, fluid	1.0 cups	66
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean	4.0 oz	66
Fish, herring, Pacific, raw	3.0 oz	65
Liverwurst spread	0.25 cups	65
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	65
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	65
Fish, mackerel, spanish, raw	3.0 oz	65
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	64
Fish, pollock, Alaska, cooked	3.0 oz	63
Cheese, ricotta, whole milk	0.5 cups	61
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	60
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	60
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook	60
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	59
Fish, tilapia, raw	1.0 fillet	58
Fish, lingcod, cooked, dry heat	3.0 oz	57
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	57
Egg substitute, powder	0.35 oz	57
Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	4.0 oz	56
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook	55
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	55
Turkey, ground, fat free, patties, broiled	3.0 oz	55
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of	55
Soup, chicken noodle, dry, mix	1.0 packet	55
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	55

Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	55
Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.0 oz	54
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	54
Guinea hen, meat only, raw	3.0 oz	54
Noodles, egg, spinach, enriched, cooked	1.0 cups	53
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	53
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	53
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	3.0 oz	53
Pork, cured, ham, shank, bone-in, separable lean only, unheated	3.0 oz	52
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	3.0 oz	52
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook)	51
Braunschweiger (a liver sausage), pork	1.0 oz	51
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	51
Frankfurter, pork	1.0 link	50
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	50
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7	49
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	48
Egg, whole, cooked, omelet	1.0 tbsp	47
Fish, salmon, pink, canned, without salt, solids with bone and liquid	3.0 oz	47
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	47
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook)	47
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	46
Fish, haddock, raw	3.0 oz	46
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	46
Cream, whipped, cream topping, pressurized	1.0 cups	46
Bologna, pork and turkey, lite	1.0 serving 2 oz	44
Sausage, turkey, fresh, raw	1.0 serving	43
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	43
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	2.0 oz 1 NLEA serving	43
Fish, pike, northern, cooked, dry heat	3.0 oz	42
Mollusks, mussel, blue, raw	1.0 cups	42
Sausage, pork and turkey, pre-cooked	1.0 serving	41
Mollusks, octopus, common, raw	3.0 oz	41
Frankfurter, meat	1.0 serving (1 hot	40
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	40
Fish, cisco, raw	1.0 fillet	40
Kielbasa, Polish, turkey and beef, smoked	1.0 serving 2 oz	39
Fish, wolffish, Atlantic, raw	3.0 oz	39
Cheese, ricotta, part skim milk	0.5 cups	38
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	38
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	37
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	37
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of	37
Beerwurst, beer salami, pork and beef	2.0 oz	35
Beerwurst, pork and beef	1.0 serving 2 oz	35
Milk, producer, fluid, 3.7% milkfat	1.0 cups	34

Fish, scup, cooked, dry heat	1.0 fillet	34
Snacks, pork skins, barbecue-flavor	1.0 oz	33
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate)	32
Noodles, egg, dry, unenriched	1.0 cups	32
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	32
Fish, grouper, mixed species, raw	3.0 oz	31
Bologna, meat and poultry	1.0 slice	30
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	30
Sausage, turkey, hot, smoked	2.0 oz	30
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	29
Potatoes, scalloped, home-prepared with butter	1.0 cups	29
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	29
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	29
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine,	1.0 muffin	29
Cake, sponge, commercially prepared	1.0 oz	29
Bacon and beef sticks	1.0 oz	29
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	28
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	28
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	28
Ice creams, BREYERS, All Natural Light French Chocolate	1.0 serving 1/2 cups	28
Heinz, Weight Watcher, Chocolate Eclair, frozen	1.0 eclair, frozen	28
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	27
Veal, breast, separable fat, cooked	1.0 oz	27
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	27
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	26
Fish, tuna, white, canned in oil, drained solids	3.0 oz	26
Sausage, Italian, sweet, links	1.0 link 3 oz	25
Mollusks, oyster, Pacific, raw	1.0 medium	25
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook)	24
Salami, Italian, pork	1.0 oz	22
Bologna, chicken, turkey, pork	1.0 serving	22
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	22
Yogurt, plain, whole milk	1.0 container (6 oz)	22
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	22
Bologna, pork, turkey and beef	1.0 oz	21
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	21
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	21
Cheese, blue	1.0 oz	21
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	21
Mollusks, oyster, eastern, farmed, raw	3.0 oz	21
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	21
Cheese, neufchatel	1.0 oz	21
Milk, buttermilk, dried	0.25 cups	21

Cookies, brownies, prepared from recipe	1.0 oz	21
Cheese, camembert	1.0 oz	20
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	20
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat,	1.0 oz	20
Veal, breast, whole, boneless, separable lean and fat, raw	1.0 oz	20
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	20
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	20
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	20
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	20
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	20
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	19
Cheese, cottage, creamed, large or small curd	4.0 oz	19
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	19
Croissants, butter	1.0 oz	19
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	19
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	19
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	19
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	19
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	18
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	18
Sauce, cheese, ready-to-serve	0.25 cups	18
Fish, herring, Atlantic, pickled	1.0 cups	18
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	18
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	18
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	18
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	18
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	18
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	18
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	18
Beans, baked, canned, with pork	1.0 cups	18
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	18
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	18
Soup, cream of shrimp, canned, prepared with equal volume water	1.0 cups	17

Pork sausage, link/patty, fully cooked, unheated	1.0 link	17
Fish, herring, Atlantic, raw	1.0 oz, boneless	17
Croissants, cheese	1.0 oz	16
Cake, cheesecake, commercially prepared	1.0 oz	16
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	15
Soup, cream of celery, canned, prepared with equal volume water	1.0 cups	15
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	15
Cheese, cottage, creamed, with fruit	4.0 oz	15
Cheese, cream	1.0 tbsp	15
Pie, banana cream, prepared from recipe	1.0 oz	14
Fat, beef tallow	1.0 tbsp	14
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.0 oz	14
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	14
Puddings, rice, ready-to-eat	1.0 serving 4 oz	14
Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	1.0 slice	13
Milk, canned, condensed, sweetened	1.0 fl oz	13
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cups	13
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	13
Ham, honey, smoked, cooked	1.0 oz (1 serving)	12
Cake, cherry fudge with chocolate frosting	1.0 oz	12
Cake, snack cakes, creme-filled, sponge	1.0 oz	12
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	11
Crackers, rusk toast	0.5 oz	11
Butter, salted	1.0 pat (1" sq, 1/3"	11
Cream, fluid, half and half	1.0 fl oz	11
Barbecue loaf, pork, beef	1.0 oz	10
Beverages, Whey protein powder isolate	3.0 scoop	10
Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	1.0 serving 1/2 cups	10
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	10
Yogurt, plain, low fat	1.0 container (6 oz)	10
Ice creams, BREYERS, All Natural Light Vanilla	1.0 serving 1/2 cups	10
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not	10
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	10
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-	10
Cookies, shortbread, commercially prepared, pecan	1.0 oz	9
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	9
Fish, cisco, smoked	1.0 oz	9
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	9
Croissants, apple	1.0 oz	9
Soup, vegetable beef, microwavable, ready-to-serve, single brand	1.0 serving	9
Whey, sweet, dried	1.0 cups	9
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	8
POPEYES, Coleslaw	1.0 package	8
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.0 tablespoon	8
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cups milk	1.0 cups	8

Cookies, peanut butter, commercially prepared, regular	1.0 oz	8
Soup, cream of chicken, canned, condensed, reduced sodium	0.5 cups	7
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	7
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	7
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	7
Cream, sour, cultured	1.0 tbsp	7
Gravy, beef, canned, ready-to-serve	1.0 cups	7
Cookies, oatmeal, refrigerated dough	1.0 oz	7
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69	7
Danish pastry, cheese	1.0 oz	7
Archway Home Style Cookies, Molasses	1.0 serving	6
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	6
Candies, truffles, prepared-from-recipe	1.0 piece	6
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.25 cups	6
Danish pastry, cinnamon, enriched	1.0 oz	6
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	6
Cream, sour, reduced fat, cultured	1.0 tbsp	6
Salad dressing, mayonnaise, regular	1.0 tbsp	6
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.0 bar 1.55 oz	6
Candies, dark chocolate coated coffee beans	1.0 serving 28	5
Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	1.0 serving 3.5 fl oz bar	5
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	5
Bread, irish soda, prepared from recipe	1.0 oz	5
Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	1.0 serving 13 pieces	5
Soup, chicken with rice, canned, condensed	0.5 cups	5
Soup, beef noodle, canned, condensed	0.5 cups	5
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	5
Cheese, American, nonfat or fat free	1.0 serving	5
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	5
Bread, cheese	1.0 slice	5
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	5
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	4
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	4
Soup, bean with bacon, condensed, single brand	1.0 serving 1/2 cups	4
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	4
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	4
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.0 oz	3
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	3
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	3
Archway Home Style Cookies, Iced Molasses	1.0 serving	3
Milk shakes, thick chocolate	1.0 fl oz	3
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz	3
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	3
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	2
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1	2

Cookies, chocolate chip, refrigerated dough	1.0 serving	2
Pillsbury, Chocolate Chip Cookies, refrigerated dough	1.0 serving 2	2
Archway Home Style Cookies, Iced Oatmeal	1.0 serving	2
Baking chocolate, MARS SNACKFOOD US, M & M's Milk Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	2
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	2
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy	2
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	2
Chocolate, dark, 60-69% cacao solids	1.0 oz	2
Margarine-like, margarine-butter blend, soybean oil and butter	1.0 tbsp	2
Candies, confectioner's coating, peanut butter	1.0 cups chips	2
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	2
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	2
Archway Home Style Cookies, Date Filled Oatmeal	1.0 serving	2
Archway Home Style Cookies, Raspberry Filled	1.0 serving	2
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	1
Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	1.0 serving	1
POPEYES, biscuit	1.0 biscuit	1
Snacks, potato chips, made from dried potatoes, cheese-flavor	1.0 oz	1
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	1
Puddings, tapioca, ready-to-eat, fat free	1.0 container	1
Parmesan cheese topping, fat free	1.0 tablespoon	1
Crackers, wheat, sandwich, with cheese filling	0.5 oz	1
Croutons, seasoned	0.5 oz	1
Salad dressing, russian dressing, low calorie	1.0 tablespoon	1
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	1
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	1
Gravy, brown instant, dry	1.0 serving	1
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	1
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	1
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.0 oz	1
Milk, dry, nonfat, calcium reduced	1.0 oz	1
Cookies, chocolate wafers	1.0 oz	1
Soup, chicken broth or bouillon, dry	1.0 cube	1