



Abridged List Ordered by Nutrient Content in Household Measure
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)
Nutrients: **Fluoride, F(μg)**

Description	Measure	Fluoride, F(μg)Per Measure
Gravy, beef, canned, ready-to-serve	1.0 cups	231.1
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	166.1
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	143.9
Beans, baked, canned, with pork	1.0 cups	136.6
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	135.1
Soup, vegetable beef, microwavable, ready-to-serve, single brand	1.0 serving	124.7
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	89.2
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	83.2
Potatoes, scalloped, home-prepared with butter	1.0 cups	77.2
Beets, canned, regular pack, solids and liquids	1.0 cups	64.7
Alcoholic beverage, wine, table, white	1.0 fl oz	59.4
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	59.2
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	53.5
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	51.9
Cheese spread, pasteurized process, American	1.0 cups, diced	49
Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	1.0 serving 1.75 fl oz pop	48.9
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	46.1
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	45.8
Salami, pork, beef, less sodium	3.0 oz	41.2
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cups	39.5
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	35.7
Cheese, cottage, creamed, large or small curd	4.0 oz	35.7
Cheese, cottage, creamed, with fruit	4.0 oz	35.7
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	29.9
Fish, tuna, white, canned in oil, drained solids	3.0 oz	26.4
Beerwurst, beer salami, pork and beef	2.0 oz	23.1
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	22.8
Yogurt, plain, whole milk	1.0 container (6 oz)	20.4

Yogurt, plain, low fat	1.0 container (6 oz)	20.4
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	19.9
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cups	19.9
Asparagus, cooked, boiled, drained	0.5 cups	19.7
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	19
Sauce, cheese, ready-to-serve	0.25 cups	18.3
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	1.0 fl oz	17.7
Tomato juice, canned, without salt added	1.0 cups	16.8
Tomato juice, canned, with salt added	1.0 cups	16.8
Pasta, dry, enriched	1.0 cups spaghetti	16.4
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	15.3
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	15.3
Bread, rye	1.0 oz	14.5
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	13
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	13
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	12.5
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	12.2
Salami, Italian, pork	1.0 oz	11.5
Bologna, pork, turkey and beef	1.0 oz	10.2
Bologna, chicken, turkey, pork	1.0 serving	10.1
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	9.9
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	9.8
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	8.4
Radishes, raw	1.0 cups slices	7
Cranberry sauce, canned, sweetened	1.0 cups	5.3
Water, bottled, non-carbonated, NAYA	1.0 fl oz	4.3
Carrots, raw	1.0 cups chopped	4.1
Cream, fluid, heavy whipping	1.0 cups, whipped	3.6
Cream, fluid, light whipping	1.0 cups, whipped	3.6
Egg, whole, cooked, omelet	1.0 tbsp	3.2
Pears, raw	1.0 cups, slices	3.1
Beverages, water, bottled, non-carbonated, EVIAN	1.0 fl oz	3.1
Cherries, sweet, raw	1.0 cups, with pits, yields	2.8
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	2.7
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	2.7
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	2.7
Beverages, water, bottled, non-carbonated, CALISTOGA	1.0 fl oz	2.2

Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	1.9
Cream, whipped, cream topping, pressurized	1.0 cups	1.8
Onions, raw	1.0 cups, chopped	1.8
Cream, fluid, half and half	1.0 fl oz	0.9
Beverages, Propel Zero, fruit-flavored, non-carbonated	1.0 fl oz	0.6
Egg, whole, cooked, fried	1.0 large	0.6
Egg, whole, cooked, poached	1.0 large	0.6
Egg, whole, raw, fresh	1.0 large	0.6
Eggnog	1.0 cups	0.5
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.0 oz	0.3
Butter, salted	1.0 pat (1" sq, 1/3" high)	0.1
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	0.1