



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

Description	Measure	Leucine(g)Per Measure
Cheese, swiss	1.0 cups, diced	3.906
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	3.52
Beans, pink, mature seeds, raw	1.0 cups	3.513
Beans, black, mature seeds, raw	1.0 cups	3.347
Beans, adzuki, mature seeds, raw	1.0 cups	3.286
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cups, diced	3.186
Cheese, pasteurized process, swiss	1.0 cups, diced	3.06
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cups	3.046
Cheese, provolone	1.0 cups, diced	3.032
Cheese, muenster	1.0 cups, diced	2.983
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	2.839
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1.0 cups	2.818
Cheese, parmesan, grated	1.0 cups	2.747
Cheese, mexican, queso chihuahua	1.0 cups, diced	2.662
Nuts, butternuts, dried	1.0 cups	2.639
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	2.597
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	2.582
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	2.574
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	2.565
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	2.559
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	2.541
Peanuts, valencia, oil-roasted, without salt	1.0 cups	2.524
Cheese spread, pasteurized process, American	1.0 cups, diced	2.492
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	2.48
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw meat)	2.471
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	2.463
Fish, bluefish, raw	1.0 fillet	2.443
Fish, bluefish, cooked, dry heat	1.0 fillet	2.443
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	2.391

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	2.386
Soybeans, green, raw	1.0 cups	2.371
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	2.325
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	2.271
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	2.263
Peanuts, all types, dry-roasted, without salt	1.0 cups	2.241
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	2.201
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	2.148
Veal, shank (fore and hind), separable lean and fat, cooked, braised	3.0 oz	2.132
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	2.1
Cheese, feta	1.0 cups, crumbled	2.092
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	2.071
Beverages, Protein powder soy based	1.0 scoop	2.071
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	2.065
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	2.055
Veal, breast, whole, boneless, separable lean only, cooked, braised	3.0 oz	2.049
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	2.049
Cheese, mozzarella, whole milk	1.0 cups, shredded	2.045
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	2.045
Turkey, ground, fat free, patties, broiled	3.0 oz	2.035
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	2.029
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	2.016
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	2.016
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	1.987
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	1.972
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	1.972
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	1.97
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	1.966

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	1.965
Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.0 oz	1.963
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	1.963
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	1.961
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	1.949
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	1.947
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	1.946
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.0 oz	1.941
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	1.94
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	1.929
Corn grain, white	1.0 cups	1.917
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	1.917
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	1.912
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	1.911
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	1.907
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	1.902
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	1.901
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	1.893
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	1.89
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw meat)	1.887
Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	4.0 oz	1.885
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.876
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3.0 oz	1.871
Fish, tilapia, raw	1.0 fillet	1.859
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	1.859
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	1.853
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	1.852
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	1.85
Veal, Australian, shank, hind, bone-in, separable lean only, raw	4.0 oz	1.833

Fish, tuna, white, canned in oil, drained solids	3.0 oz	1.833
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	1.832
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	1.829
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	1.823
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	1.823
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	1.817
Fish, burbot, cooked, dry heat	1.0 fillet	1.811
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	1.809
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	1.805
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cups	1.799
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	1.796
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	1.789
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	1.789
Fish, salmon, chum, cooked, dry heat	3.0 oz	1.784
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	1.783
Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	1.778
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	1.778
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw meat)	1.774
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	1.771
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	1.768
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3.0 oz	1.765
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	1.763
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	1.754
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	1.744
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	1.741
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	1.73
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.0 oz	1.728
Whey, sweet, dried	1.0 cups	1.72
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	1.716
Fish, pike, northern, cooked, dry heat	3.0 oz	1.706
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	1.702

Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	1.7
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	1.695
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	1.68
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.0 oz	1.675
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	1.665
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	1.658
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	4.0 oz	1.654
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cups	1.654
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	1.646
Fish, mahimahi, cooked, dry heat	3.0 oz	1.639
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	1.638
Fish, swordfish, cooked, dry heat	3.0 oz	1.631
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	1.631
Pork, cured, ham, shank, bone-in, separable lean only, unheated	3.0 oz	1.62
Fish, herring, Atlantic, pickled	1.0 cups	1.614
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	1.613
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	3.0 oz	1.601
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	1.596
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	1.589
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	1.589
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	1.589
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	1.589
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	1.575
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	1.573
Fish, lingcod, cooked, dry heat	3.0 oz	1.564
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	1.561
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	1.555
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	1.553
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	1.538
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.532
Cheese, ricotta, part skim milk	0.5 cups	1.531
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	1.525
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	1.51
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	1.504

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	1.497
Fish, salmon, pink, canned, drained solids	3.0 oz	1.495
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	1.495
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	1.482
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	1.468
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	3.0 oz	1.465
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	1.442
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	1.44
Milk, sheep, fluid	1.0 cups	1.438
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	1.438
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	1.43
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	1.405
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	1.394
Fish, salmon, pink, canned, without salt, solids with bone and liquid	3.0 oz	1.367
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	1.349
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	1.342
Fish, grouper, mixed species, raw	3.0 oz	1.339
Fish, mackerel, spanish, raw	3.0 oz	1.333
Guinea hen, meat only, raw	3.0 oz	1.317
Sorghum flour, whole-grain	1.0 cups	1.313
Fast foods, biscuit, with egg and bacon	1.0 biscuit	1.312
Fish, haddock, raw	3.0 oz	1.306
Squab, (pigeon), meat and skin, raw	3.0 oz	1.28
Cheese, cottage, creamed, large or small curd	4.0 oz	1.261
Fast Foods, biscuit, with egg and sausage	1.0 item	1.257
Mollusks, mussel, blue, raw	1.0 cups	1.257
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	1.248
Cheese, cottage, creamed, with fruit	4.0 oz	1.233
Beans, black turtle, mature seeds, canned	1.0 cups	1.229
Nuts, hazelnuts or filberts	1.0 cups, chopped	1.222
Fish, cisco, raw	1.0 fillet	1.219
Cornmeal, whole-grain, white	1.0 cups	1.215
Fish, wolffish, Atlantic, raw	3.0 oz	1.209
Beans, black turtle, mature seeds, cooked, boiled, without salt	1.0 cups	1.208
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.192
Cereals ready-to-eat, granola, homemade	1.0 cups	1.192
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	1.185
Corn flour, yellow, masa, enriched	1.0 cups	1.168
Wheat flour, white, bread, enriched	1.0 cups	1.134
Fish, herring, Pacific, raw	3.0 oz	1.132

Rice, white, long-grain, regular, raw, unenriched	1.0 cups	1.09
Seeds, sesame flour, low-fat	1.0 oz	1.089
Beans, baked, canned, with pork	1.0 cups	1.063
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.25 cups	1.063
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	1.062
Barley flour or meal	1.0 cups	1.055
Cheese substitute, mozzarella	1.0 cups, shredded	1.044
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	1.041
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	1.03
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	1.027
Milk, buttermilk, dried	0.25 cups	1.008
Milk, dry, nonfat, calcium reduced	1.0 oz	0.986
Fish, scup, cooked, dry heat	1.0 fillet	0.984
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	0.979
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	0.977
Eggnog	1.0 cups	0.973
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	0.954
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	0.952
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	0.947
Rice flour, brown	1.0 cups	0.945
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	0.94
Salami, pork, beef, less sodium	3.0 oz	0.929
Snacks, pork skins, barbecue-flavor	1.0 oz	0.913
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.909
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	0.902
Pork, fresh, variety meats and by-products, brain, cooked, braised	3.0 oz	0.899
Yogurt, plain, low fat	1.0 container (6 oz)	0.899
Pasta, dry, unenriched	1.0 cups spaghetti	0.899
Pasta, dry, enriched	1.0 cups spaghetti	0.899
Mollusks, octopus, common, raw	3.0 oz	0.892
Wheat flour, white, all-purpose, unenriched	1.0 cups	0.887
Wheat flour, white, all-purpose, enriched, calcium-fortified	1.0 cups	0.887
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	0.877
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	0.862
Soup, chicken noodle, dry, mix	1.0 packet	0.856
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	0.852

Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	0.847
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	0.833
Edamame, frozen, unprepared	1.0 cups	0.828
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cups	0.805
Teff, cooked	1.0 cups	0.784
Milk, producer, fluid, 3.7% milkfat	1.0 cups	0.783
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	0.783
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	0.779
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	0.766
Frankfurter, pork	1.0 link	0.761
Macaroni, vegetable, enriched, dry	1.0 cups spiral shaped	0.753
Sausage, turkey, fresh, raw	1.0 serving	0.75
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	0.75
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	0.749
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	0.722
Seeds, safflower seed meal, partially defatted	1.0 oz	0.72
Fish, roe, mixed species, cooked, dry heat	1.0 oz	0.711
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	0.708
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	0.695
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	0.689
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	0.682
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	0.674
Beerwurst, pork and beef	1.0 serving 2 oz	0.673
Sausage, turkey, hot, smoked	2.0 oz	0.671
Sausage, Italian, sweet, links	1.0 link 3 oz	0.638
Liverwurst spread	0.25 cups	0.626
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	0.609
Soup, pea, green, canned, condensed	0.5 cups	0.605
Chicken, skin (drumsticks and thighs), raw	4.0 oz	0.597
Yogurt, plain, whole milk	1.0 container (6 oz)	0.595
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.587
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	0.584
Noodles, egg, spinach, enriched, cooked	1.0 cups	0.582
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	0.571
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	0.556
Potatoes, scalloped, home-prepared with butter	1.0 cups	0.551
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	0.546

Cheese, blue	1.0 oz	0.544
Egg, whole, raw, fresh	1.0 large	0.543
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	0.542
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	0.542
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.542
Egg, whole, cooked, fried	1.0 large	0.541
Egg, whole, cooked, poached	1.0 large	0.541
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	0.538
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.537
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	0.534
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cups	0.529
Cheese, camembert	1.0 oz	0.522
Sausage, pork and turkey, pre-cooked	1.0 serving	0.52
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	0.516
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	0.514
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	0.504
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	0.503
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cups	0.494
MORI-NU, Tofu, silken, firm	1.0 slice	0.492
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	0.486
Bacon and beef sticks	1.0 oz	0.485
Noodles, japanese, somen, cooked	1.0 cups	0.482
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	0.473
Frankfurter, meat	1.0 serving (1 hot dog)	0.472
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	0.471
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	0.469
Peas, green, raw	1.0 cups	0.468
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.463
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.459
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.455
Salami, Italian, pork	1.0 oz	0.455
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.451
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.451

Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.451
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.446
Noodles, japanese, somen, dry	2.0 oz	0.442
Peas, mature seeds, sprouted, raw	1.0 cups	0.438
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	0.435
Noodles, egg, dry, unenriched	1.0 cups	0.433
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	0.431
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.422
Milk substitutes, fluid, with lauric acid oil	1.0 cups	0.422
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.421
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.0 cups	0.419
Garlic, raw	1.0 cups	0.419
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.416
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	0.414
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	0.414
Fish, herring, Atlantic, raw	1.0 oz, boneless	0.414
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.414
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	0.408
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.408
Bologna, pork and turkey, lite	1.0 serving 2 oz	0.4
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.398
Veal, breast, whole, boneless, separable lean and fat, raw	1.0 oz	0.394
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	0.393
Seeds, lotus seeds, dried	1.0 cups	0.389
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	0.387
Spinach, canned, regular pack, solids and liquids	1.0 cups	0.384
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	0.38
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.379
Fish, cisco, smoked	1.0 oz	0.377
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	0.375
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.)	0.374
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.373

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.368
Rice, white, medium-grain, cooked, unenriched	1.0 cups	0.366
Barbecue loaf, pork, beef	1.0 oz	0.364
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.363
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	0.363
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	0.357
Snacks, oriental mix, rice-based	1.0 oz	0.352
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	0.351
Rice, white, long-grain, regular, cooked, unenriched, with salt	1.0 cups	0.351
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cups	0.343
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	0.336
Egg, white, raw, fresh	1.0 large	0.335
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	0.335
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	0.335
Mollusks, oyster, Pacific, raw	1.0 medium	0.333
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.329
Peas, edible-podded, frozen, unprepared	1.0 cups	0.328
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	0.32
Soup, beef noodle, canned, condensed	0.5 cups	0.314
Mollusks, oyster, eastern, farmed, raw	3.0 oz	0.313
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	0.308
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	0.306
Bread, pound cake type, pan de torta salvadoran	1.0 serving	0.297
Milk, canned, condensed, sweetened	1.0 fl oz	0.296
Braunschweiger (a liver sausage), pork	1.0 oz	0.293
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	0.288
Cheese, neufchatel	1.0 oz	0.287
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	0.282
Cream, fluid, heavy whipping	1.0 cups, whipped	0.281
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	0.28
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.28
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	0.276

Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.267
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.0 cups	0.267
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	0.266
Bologna, pork, turkey and beef	1.0 oz	0.266
POPEYES, biscuit	1.0 biscuit	0.263
Rice noodles, cooked	1.0 cups	0.259
Bologna, meat and poultry	1.0 slice	0.258
Snacks, corn-based, extruded, onion-flavor	1.0 oz	0.257
Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cups	0.256
Cream, fluid, light whipping	1.0 cups, whipped	0.256
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	1.0 cups	0.254
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	0.252
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	0.249
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	0.249
Bread, stuffing, cornbread, dry mix	1.0 oz	0.247
Snacks, tortilla chips, ranch-flavor	1.0 oz	0.247
Bread, protein (includes gluten)	1.0 oz	0.243
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	0.242
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	0.24
Nuts, almond butter, plain, with salt added	1.0 tbsp	0.237
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	0.236
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	0.234
Pork sausage, link/patty, fully cooked, unheated	1.0 link	0.231
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	0.23
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	0.228
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	0.226
Asparagus, canned, drained solids	1.0 cups	0.225
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	0.225
Peas, edible-podded, raw	1.0 cups, chopped	0.223
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	0.22
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	0.22
Bread, stuffing, dry mix	1.0 oz	0.219
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	0.216
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	0.214
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	0.213
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	0.213
Veal, breast, separable fat, cooked	1.0 oz	0.212
Bamboo shoots, raw	1.0 cups (1/2" slices)	0.211

Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	0.21
Dessert topping, powdered	1.0 oz	0.208
Bread, oat bran	1.0 oz	0.208
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	0.207
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	0.207
Broccoli, frozen, chopped, unprepared	1.0 cups	0.204
Crackers, wheat, regular	16.0 crackers 1 serving	0.199
Squash, winter, hubbard, cooked, boiled, mashed, without salt	1.0 cups, mashed	0.198
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups, mashed	0.198
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	0.197
Croissants, cheese	1.0 oz	0.196
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	0.196
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	0.195
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	0.192
Cookies, peanut butter sandwich, special dietary	1.0 oz	0.189
Cream, whipped, cream topping, pressurized	1.0 cups	0.188
Bread, oatmeal, toasted	1.0 oz	0.187
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	0.187
Bread, reduced-calorie, white	1.0 oz	0.186
Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	0.185
Cookies, peanut butter, commercially prepared, regular	1.0 oz	0.185
Sweet potato, canned, syrup pack, drained solids	1.0 cups	0.184
Muffins, English, mixed-grain (includes granola)	1.0 oz	0.184
Danish pastry, cheese	1.0 oz	0.183
Mushrooms, portabella, grilled	1.0 cups sliced	0.181
Cracker, meal	1.0 oz	0.181
Bread, white, commercially prepared, toasted	1.0 oz	0.181
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	0.178
Croissants, butter	1.0 oz	0.177
Garlic bread, frozen	1.0 slice presliced	0.175
Cookies, peanut butter sandwich, regular	1.0 oz	0.175
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	0.172
Bread, cracked-wheat	1.0 oz	0.172
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	0.169
Squash, winter, butternut, frozen, cooked, boiled, without salt	1.0 cups, mashed	0.168
Bread, rye	1.0 oz	0.164
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	0.161
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	0.16
Bread, reduced-calorie, oatmeal	1.0 oz	0.159
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	0.159

Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups, cubes	0.158
Croissants, apple	1.0 oz	0.158
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	0.155
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	0.155
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	0.151
Danish pastry, cinnamon, enriched	1.0 oz	0.151
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	0.145
Snacks, potato chips, made from dried potatoes, cheese-flavor	1.0 oz	0.144
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	0.144
Crackers, rusk toast	0.5 oz	0.143
Breadfruit, raw	1.0 cups	0.143
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	0.142
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	0.139
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	0.138
Egg, whole, cooked, omelet	1.0 tbsp	0.137
Squash, summer, zucchini, italian style, canned	1.0 cups	0.136
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	0.135
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	0.135
Brussels sprouts, raw	1.0 cups	0.134
Cake, cheesecake, commercially prepared	1.0 oz	0.132
Carrots, raw	1.0 cups chopped	0.131
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	0.13
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	0.129
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	0.127
Cookies, brownies, prepared from recipe	1.0 oz	0.127
Cookies, chocolate wafers	1.0 oz	0.127
Soup, cream of celery, canned, prepared with equal volume water	1.0 cups	0.126
Asparagus, cooked, boiled, drained	0.5 cups	0.126
Kale, frozen, unprepared	1.0 cups	0.125
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	0.124
Bread, irish soda, prepared from recipe	1.0 oz	0.124
Beans, snap, green, frozen, cooked, boiled, drained without salt	1.0 cups	0.123
Cookies, oatmeal, commercially prepared, regular	1.0 oz	0.122
Biscuits, mixed grain, refrigerated dough	1.0 oz	0.12
Tomato products, canned, sauce, with onions	1.0 cups	0.12
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.0 oz	0.12
Kiwifruit, green, raw	1.0 cups, sliced	0.119
Cake, sponge, commercially prepared	1.0 oz	0.119
Croutons, plain	0.5 oz	0.118
Tomato products, canned, puree, with salt added	1.0 cups	0.117
Cookies, oatmeal, refrigerated dough	1.0 oz	0.117
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.117

Plantains, yellow, baked	1.0 cups	0.117
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	0.115
Tomato products, canned, puree, without salt added	1.0 cups	0.115
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups, chopped	0.114
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	0.113
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	0.111
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.0 oz	0.111
Cauliflower, green, raw	1.0 cups	0.11
Croutons, seasoned	0.5 oz	0.11
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	0.109
Cookies, chocolate chip, refrigerated dough	1.0 serving	0.108
Crackers, standard snack-type, sandwich, with peanut butter filling	0.5 oz	0.108
Cookies, molasses	1.0 oz	0.107
Crackers, cheese, regular	0.5 oz	0.106
Purslane, cooked, boiled, drained, without salt	1.0 cups	0.105
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	0.105
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	0.103
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	0.102
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	0.102
Carambola, (starfruit), raw	1.0 cups, cubes	0.102
Pie, banana cream, prepared from recipe	1.0 oz	0.101
Crackers, wheat, sandwich, with cheese filling	0.5 oz	0.099
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	0.096
Cookies, shortbread, commercially prepared, pecan	1.0 oz	0.096
Cheese, cream	1.0 tbsp	0.095
Asparagus, canned, regular pack, solids and liquids	0.5 cups	0.095
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	0.095
Cookies, sugar wafers with creme filling, regular	3.0 cookies	0.093
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups, mashed	0.093
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cups, mashed	0.093
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.092
Beets, raw	1.0 cups	0.092
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	0.092
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	0.092
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	0.09
Tomatoes, red, ripe, canned, stewed	1.0 cups	0.089
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	0.089
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	0.089
Cookies, chocolate sandwich, with creme filling, special dietary	1.0 oz	0.087
Cookies, vanilla sandwich with creme filling	1.0 oz	0.087
Milk shakes, thick chocolate	1.0 fl oz	0.085
Okra, frozen, unprepared	0.33 package (10 oz)	0.085
Beets, canned, regular pack, solids and liquids	1.0 cups	0.084
Mangos, raw	1.0 cups pieces	0.083
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	0.08
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	0.08
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.0 cups, halves	0.08

Carrots, canned, no salt added, solids and liquids	0.5 cups slices	0.08
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	0.079
Cream, fluid, half and half	1.0 fl oz	0.078
Crackers, standard snack-type, regular	5.0 crackers	0.075
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	0.074
Potatoes, flesh and skin, raw	0.5 cups, diced	0.074
Soup, cream of mushroom, canned, condensed	0.5 cups	0.073
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.073
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	0.073
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	0.071
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	0.071
Snacks, rice cakes, brown rice, corn	1.0 cake	0.07
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	0.07
Vegetable juice cocktail, canned	1.0 cups	0.068
Cake, snack cakes, creme-filled, sponge	1.0 oz	0.068
Broccoli raab, raw	1.0 cups chopped	0.068
Dessert topping, pressurized	1.0 cups	0.068
Spinach, raw	1.0 cups	0.067
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	0.067
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	0.065
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	0.064
Cookies, fig bars	1.0 oz	0.064
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	0.063
Snacks, rice cakes, brown rice, multigrain	1.0 cake	0.061
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	0.061
Pie, fried pies, fruit	1.0 oz	0.06
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	0.059
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	0.058
Cake, white, dry mix, special dietary (includes lemon-flavored)	1.0 oz	0.058
Tomato juice, canned, without salt added	1.0 cups	0.058
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	0.057
Mountain yam, hawaii, raw	0.5 cups, cubes	0.057
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	0.055
Tangerines, (mandarin oranges), raw	1.0 cups, sections	0.055
Oranges, raw, with peel	1.0 cups	0.054
Cookies, brownies, dry mix, sugar free	1.0 oz	0.054
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	0.053
Blueberries, frozen, sweetened	1.0 cups, thawed	0.053
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cups	0.052
Cake, cherry fudge with chocolate frosting	1.0 oz	0.051
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	0.05

Pie, cherry, commercially prepared	1.0 oz	0.049
Oranges, raw, California, valencias	1.0 cups sections, without membranes	0.047
Cream, sour, reduced fat, cultured	1.0 tbsp	0.043
Kale, raw	1.0 cups	0.043
Figs, canned, water pack, solids and liquids	1.0 cups	0.042
Spices, mustard seed, ground	1.0 tsp	0.042
Cherries, sweet, raw	1.0 cups, with pits, yields	0.041
Nuts, coconut cream, raw (liquid expressed from grated meat)	1.0 tbsp	0.04
Onions, raw	1.0 cups, chopped	0.04
Lime juice, raw	1.0 cups	0.039
Cream, sour, cultured	1.0 tbsp	0.039
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	0.038
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	0.038
Orange juice, chilled, includes from concentrate, with added calcium	1.0 cups	0.037
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	0.037
Beet greens, raw	1.0 cups	0.037
Onions, sweet, raw	1.0 NLEA serving	0.037
POPEYES, Coleslaw	1.0 package	0.036
Radishes, raw	1.0 cups slices	0.036
Pie, blueberry, commercially prepared	1.0 oz	0.035
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	0.034
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	0.032
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	0.031
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.031
Onions, frozen, whole, unprepared	0.33 package (10 oz)	0.029
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	0.029
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	0.029
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	0.028
Grapefruit, raw, white, Florida	1.0 cups sections, with juice	0.028
Applesauce, canned, sweetened, without salt	1.0 cups	0.027
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	0.027
Pears, raw	1.0 cups, slices	0.027
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	0.027
Spices, caraway seed	1.0 tsp	0.026
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	0.025
Grapes, canned, thompson seedless, water pack, solids and liquids	1.0 cups	0.025

Endive, raw	0.5 cups, chopped	0.025
Spices, turmeric, ground	1.0 tsp	0.024
Papayas, raw	1.0 cups 1" pieces	0.023
Figs, raw	1.0 large (2-1/2" dia)	0.021
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	0.021
Chicory, witloof, raw	1.0 head	0.021
Spices, curry powder	1.0 tsp	0.018
Nuts, coconut cream, canned, sweetened	1.0 tbsp	0.017
Onions, dehydrated flakes	1.0 tbsp	0.016
Apples, raw, without skin	1.0 cups slices	0.015
Cream substitute, liquid, with lauric acid oil and sodium caseinate	1.0 container, individual	0.015
Salad dressing, mayonnaise, regular	1.0 tbsp	0.013
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.0 tablespoon	0.013
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	0.012
Grapes, american type (slip skin), raw	1.0 cups	0.012
Spices, ginger, ground	1.0 tsp	0.009
Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	0.008
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	0.008
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	0.008
Salad dressing, russian dressing, low calorie	1.0 tablespoon	0.007
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	0.007
Spices, cinnamon, ground	1.0 tsp	0.007
Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.004
Spices, thyme, dried	1.0 tsp, leaves	0.004
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.004
Butter, salted	1.0 pat (1" sq, 1/3" high)	0.004
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.0 tbsp chopped	0.004
Longans, dried	1.0 fruit	0.003
Sesbania flower, raw	1.0 flower	0.003
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	0.003
Dill weed, fresh	5.0 sprigs	0.002
Ginger root, raw	1.0 tsp	0.001