



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

Description	Measure	Magnesium, Mg(mg)Per Measure
Seeds, pumpkin and squash seed kernels, roasted, with	1.0 cups	649
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	385
Beans, pink, mature seeds, raw	1.0 cups	382
Beans, black, mature seeds, raw	1.0 cups	332
Nuts, butternuts, dried	1.0 cups	284
Peanuts, all types, dry-roasted, without salt	1.0 cups	260
Whey, sweet, dried	1.0 cups	255
Beans, adzuki, mature seeds, raw	1.0 cups	250
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	235
Peanuts, valencia, oil-roasted, without salt	1.0 cups	230
Corn grain, white	1.0 cups	211
Cereals ready-to-eat, granola, homemade	1.0 cups	205
Beverages, Whey protein powder isolate	3.0 scoop	200
Nuts, hazelnuts or filberts	1.0 cups, chopped	187
Candies, confectioner's coating, peanut butter	1.0 cups chips	185
Rice flour, brown	1.0 cups	177
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	173
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	171
Soybeans, green, raw	1.0 cups	166
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	162
Cornmeal, whole-grain, white	1.0 cups	155
Oat flour, partially debranned	1.0 cups	150
Sorghum flour, whole-grain	1.0 cups	149
Barley flour or meal	1.0 cups	142
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	133
Spinach, canned, regular pack, solids and liquids	1.0 cups	131
Teff, cooked	1.0 cups	126
Lima beans, immature seeds, cooked, boiled, drained,	1.0 cups	126
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	116
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	108
Corn flour, yellow, masa, enriched	1.0 cups	106
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	101
Seeds, safflower seed meal, partially defatted	1.0 oz	99
Plantains, yellow, raw	1.0 plantain	97

Seeds, sesame flour, low-fat	1.0 oz	96
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cups	92
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	92
Beans, black turtle, mature seeds, cooked, boiled, without	1.0 cups	91
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	90
Beans, baked, canned, with pork	1.0 cups	86
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	86
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	85
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	85
Beans, black turtle, mature seeds, canned	1.0 cups	84
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	82
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	81
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	79
Purslane, cooked, boiled, drained, without salt	1.0 cups	77
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cups	75
Cardoon, raw	1.0 cups, shredded	75
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	74
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	73
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	73
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	73
Edamame, frozen, unprepared	1.0 cups	72
Taro, tahitian, cooked, without salt	1.0 cups slices	70
Passion-fruit, (granadilla), purple, raw	1.0 cups	68
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	68
Seeds, lotus seeds, dried	1.0 cups	67
Peas, mature seeds, sprouted, raw	1.0 cups	67
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	65
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	65
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	64
Squash, winter, acorn, cooked, boiled, mashed, without	1.0 cups, mashed	64
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups, mashed	64
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	61
Lima beans, immature seeds, frozen, fordhook,	1.0 cups	61
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	61
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	59
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	59
Tomato products, canned, puree, with salt added	1.0 cups	58
Tomato products, canned, puree, without salt added	1.0 cups	58
Plantains, yellow, baked	1.0 cups	57

Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	56
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	56
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	56
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	55
Breadfruit, raw	1.0 cups	55
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	54
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	54
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	54
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	53
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	52
Blackberry juice, canned	1.0 cups	52
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	52
Currants, zante, dried	1.0 cups	52
Mollusks, mussel, blue, raw	1.0 cups	51
Chocolate, dark, 60-69% cacao solids	1.0 oz	50
Fish, bluefish, raw	1.0 fillet	50
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	49
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	49
Fish, bluefish, cooked, dry heat	1.0 fillet	49
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	49
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	49
Cereals, WHEATENA, cooked with water	1.0 cups	49
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	48
Eggnog	1.0 cups	48
Pasta, dry, enriched	1.0 cups spaghetti	48
Pasta, dry, unenriched	1.0 cups spaghetti	48
Peas, green, raw	1.0 cups	48
Tomato products, canned, sauce, with onions	1.0 cups	47
Potatoes, scalloped, home-prepared with butter	1.0 cups	47
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	46
Cheese substitute, mozzarella	1.0 cups, shredded	46
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	46
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	46
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	46
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	46
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	45
Beverages, chocolate powder, no sugar added	2.0 tbsp	45
Drumstick pods, raw	1.0 cups slices	45
Nuts, almond butter, plain, with salt added	1.0 tbsp	45

Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	44
Beets, canned, regular pack, solids and liquids	1.0 cups	44
Milk, sheep, fluid	1.0 cups	44
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	44
Cheese, swiss	1.0 cups, diced	44
Crustaceans, spiny lobster, mixed species, cooked, moist	3.0 oz	43
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	43
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	43
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	43
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	43
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	42
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	42
Okra, frozen, unprepared	0.33 package (10 oz)	41
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	41
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8"	4.0 oz	41
Cheese spread, pasteurized process, American	1.0 cups, diced	41
Cheese, pasteurized process, swiss	1.0 cups, diced	41
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	40
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	40
Potatoes, mashed, dehydrated, flakes without milk, dry	1.0 cups	40
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	39
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	39
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	39
Turnip greens and turnips, frozen, cooked, boiled, without salt	1.0 cups	39
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	39
Macaroni, vegetable, enriched, dry	1.0 cups spiral shaped	39
Noodles, egg, spinach, enriched, cooked	1.0 cups	38
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	38
Soup, pea, green, canned, condensed	0.5 cups	38
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	38
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	37
Cheese, provolone	1.0 cups, diced	37
Fish, burbot, cooked, dry heat	1.0 fillet	37
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	37

Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	37
Rowal, raw	0.5 cups	36
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	36
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	36
Cheese, muenster	1.0 cups, diced	36
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	35
Chicken, broilers or fryers, dark meat, meat only, cooked,	1.0 cups	35
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	35
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	35
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	34
Wheat flour, white, bread, enriched	1.0 cups	34
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	34
Fish, pike, northern, cooked, dry heat	3.0 oz	34
Garlic, raw	1.0 cups	34
Cheese, parmesan, grated	1.0 cups	34
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	34
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	34
Pork, fresh, leg (ham), whole, separable lean only, cooked,	1.0 cups, diced	34
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	34
Snacks, oriental mix, rice-based	1.0 oz	33
Blackberries, frozen, unsweetened	1.0 cups, unthawed	33
Peas, edible-podded, frozen, unprepared	1.0 cups	33
Milk, dry, nonfat, regular, without added vitamin A and	0.25 cups	33
Milk, buttermilk, dried	0.25 cups	33
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	32
Fish, mahimahi, cooked, dry heat	3.0 oz	32
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	32
Squash, summer, zucchini, italian style, canned	1.0 cups	32
Milk, producer, fluid, 3.7% milkfat	1.0 cups	32
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	32
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	32
Fish, pollock, Alaska, cooked	3.0 oz	31
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	31
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	31
Fish, tilapia, raw	1.0 fillet	31
Beets, raw	1.0 cups	31
Salami, pork, beef, less sodium	3.0 oz	31
Loganberries, frozen	1.0 cups, unthawed	31

Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	31
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	31
Squash, winter, hubbard, cooked, boiled, mashed, with	1.0 cups, mashed	31
Squash, winter, hubbard, cooked, boiled, mashed, without	1.0 cups, mashed	31
Tomatoes, red, ripe, canned, stewed	1.0 cups	31
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw meat)	31
Kiwifruit, green, raw	1.0 cups, sliced	31
Cheese food, pasteurized process, American, vitamin D	1.0 cups	31
Papayas, raw	1.0 cups 1" pieces	30
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	30
Cheese, mexican, queso chihuahua	1.0 cups, diced	30
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	30
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	30
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	30
Fish, swordfish, cooked, dry heat	3.0 oz	30
Turkey, ground, fat free, patties, broiled	3.0 oz	30
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups, chopped	29
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	29
Purslane, raw	1.0 cups	29
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	29
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	29
Yogurt, plain, low fat	1.0 container (6 oz)	29
Fish, salmon, pink, canned, without salt, solids with bone	3.0 oz	29
Fish, tuna, white, canned in oil, drained solids	3.0 oz	29
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	29
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	29
Beverages, Protein powder soy based	1.0 scoop	29
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	29
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	29
Cheese, feta	1.0 cups, crumbled	28
Puddings, chocolate, dry mix, regular, prepared with	0.5 cups	28
Boysenberries, canned, heavy syrup	1.0 cups	28
Soup, chicken noodle, dry, mix	1.0 packet	28
Broccoli, frozen, chopped, unprepared	1.0 cups	28
Snacks, tortilla chips, low fat, made with olestra, nacho	1.0 oz	28
Fish, mackerel, spanish, raw	3.0 oz	28

Mollusks, oyster, eastern, farmed, raw	3.0 oz	28
Fish, lingcod, cooked, dry heat	3.0 oz	28
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	28
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	28
Vegetable juice cocktail, canned	1.0 cups	28
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	28
Wheat flour, white, all-purpose, unenriched	1.0 cups	28
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	28
Wheat flour, white, all-purpose, enriched, calcium-	1.0 cups	28
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	27
Orange juice, chilled, includes from concentrate, with	1.0 cups	27
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	27
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	27
Fish, herring, Pacific, raw	3.0 oz	27
Fish, salmon, pink, canned, drained solids	3.0 oz	27
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	27
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	27
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	27
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	27
Currants, european black, raw	1.0 cups	27
Tomato juice, canned, without salt added	1.0 cups	27
Tomato juice, canned, with salt added	1.0 cups	27
Beet greens, raw	1.0 cups	27
Fast foods, croissant, with egg, cheese, and ham	1.0 item	26
Fish, grouper, mixed species, raw	3.0 oz	26
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	26
Pork, fresh, enhanced, loin, tenderloin, separable lean	4.0 oz	26
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	26
Beans, snap, green, frozen, cooked, boiled, drained	1.0 cups	26
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	26
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	26
Fish, wolffish, Atlantic, raw	3.0 oz	26
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	26
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	26
Mollusks, octopus, common, raw	3.0 oz	26
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	25
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cups	25
Fast foods, english muffin, with egg, cheese, and canadian	1.0 sandwich	25

Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	25
Grapefruit juice, white, canned, sweetened	1.0 cups	25
Potatoes, baked, skin, without salt	1.0 skin	25
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	25
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	25
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	25
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	25
Figs, canned, water pack, solids and liquids	1.0 cups	25
Cheese, ricotta, whole milk	0.5 cups	25
Snacks, tortilla chips, ranch-flavor	1.0 oz	25
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	25
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	25
Crackers, wheat, regular	16.0 crackers 1 serving	24
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution	1.0 cups	24
Grapefruit, sections, canned, water pack, solids and	1.0 cups	24
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	24
Asparagus, canned, drained solids	1.0 cups	24
Rice, white, medium-grain, cooked, unenriched	1.0 cups	24
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	24
Fast foods, biscuit, with egg and bacon	1.0 biscuit	24
Bread, whole-wheat, commercially prepared	1.0 slice	24
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	24
Carissa, (natal-plum), raw	1.0 cups slices	24
Broccoli, frozen, chopped, cooked, boiled, drained,	1.0 cups	24
Fish, salmon, chum, cooked, dry heat	3.0 oz	24
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	24
Oranges, raw, with peel	1.0 cups	24
Pork, fresh, loin, whole, separable lean and fat, cooked,	3.0 oz	24
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	24
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	24
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	24
Chicken, dark meat, thigh, meat only, with added solution,	4.0 oz	24
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	24
Spinach, raw	1.0 cups	24

Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	24
Sweet potato, canned, syrup pack, drained solids	1.0 cups	24
Peas, edible-podded, raw	1.0 cups, chopped	24
Tangerines, (mandarin oranges), raw	1.0 cups, sections	23
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	23
Pokeberry shoots, (poke), cooked, boiled, drained,	1.0 cups	23
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	23
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	23
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	23
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	23
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	23
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw meat)	23
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	23
MORI-NU, Tofu, silken, firm	1.0 slice	23
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	23
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	23
Cheese, mozzarella, whole milk	1.0 cups, shredded	22
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	22
Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	22
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	22
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	22
Yogurt, fruit, low fat,9 g protein/8 oz	1.0 container (6 oz)	22
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	22
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	22
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	22
Noodles, egg, dry, unenriched	1.0 cups	22
Cheese, American, nonfat or fat free	1.0 serving	22
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	22
Squash, winter, butternut, frozen, cooked, boiled, without	1.0 cups, mashed	22
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	21
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	21
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	21

Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	21
Pork, Leg sirloin tip roast, boneless, separable lean and	3.0 oz	21
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat,	3.0 oz	21
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	21
Chicken, broilers or fryers, meat and skin, cooked, fried,	3.0 oz	21
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	21
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	21
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	21
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	21
Veal, shank (fore and hind), separable lean and fat,	3.0 oz	21
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	21
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	21
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	21
Fast Foods, biscuit, with egg and sausage	1.0 item	21
Grapefruit, raw, white, Florida	1.0 cups sections, with juice	21
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	21
Guinea hen, meat only, raw	3.0 oz	20
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	20
Pork, cured, ham, rump, bone-in, separable lean only,	3.0 oz	20
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	20
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	20
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	20
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	20
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat,	3.0 oz	20
Yogurt, plain, whole milk	1.0 container (6 oz)	20
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat,	3.0 oz	20
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	20
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4.0 oz	20

Brussels sprouts, raw	1.0 cups	20
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	20
Snacks, potato chips, fat free, salted	1.0 oz	20
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	20
Snacks, potato chips, fat-free, made with olestra	1.0 oz	20
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	20
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	20
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	20
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	20
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	20
Chicken, broilers or fryers, leg, meat and skin, cooked,	3.0 oz	20
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	20
Lime juice, raw	1.0 cups	19
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw meat)	19
Blueberries, wild, canned, heavy syrup, drained	1.0 cups	19
Litchis, raw	1.0 cups	19
Cress, garden, raw	1.0 cups	19
Rice, white, long-grain, regular, cooked, unenriched, with	1.0 cups	19
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	19
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	19
Veal, breast, whole, boneless, separable lean only,	3.0 oz	19
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	19
Squab, (pigeon), meat and skin, raw	3.0 oz	19
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	19
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	19
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	19
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	19
Pork, cured, ham, rump, bone-in, separable lean and fat,	3.0 oz	19
Beef, ground, 90% lean meat / 10% fat, patty, cooked,	3.0 oz	19
Pork, cured, ham, shank, bone-in, separable lean only,	3.0 oz	19
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	19

Cheese, ricotta, part skim milk	0.5 cups	19
Bread, protein (includes gluten)	1.0 oz	18
Snacks, potato sticks	1.0 oz	18
Apricots, canned, heavy syrup pack, with skin, solids and	1.0 cups, halves	18
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	18
Oranges, raw, California, valencias	1.0 cups sections, without membranes	18
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	18
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	18
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	18
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	18
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	18
Fish, haddock, raw	3.0 oz	18
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	18
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	18
Pomegranate juice, bottled	1.0 cups	17
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	17
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	17
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	17
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	17
Potatoes, flesh and skin, raw	0.5 cups, diced	17
Beverages, V8 V-FUSION Juices, Peach Mango	1.0 serving 8 oz	17
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	17
Milk, dry, nonfat, calcium reduced	1.0 oz	17
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	17
Pork, cured, ham, shank, bone-in, separable lean and fat,	3.0 oz	17
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	17
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	17
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked,	3.0 oz	17
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	17
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat,	3.0 oz	17
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	17
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	17

Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	17
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	17
Beverages, almond milk, sweetened, vanilla flavor, ready-	8.0 fl oz	17
Onions, frozen, whole, cooked, boiled, drained, without	1.0 cups	17
Nabisco, Nabisco Grahams Crackers	1.0 serving	17
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	16
Mangos, raw	1.0 cups pieces	16
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	16
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	16
Snacks, potato chips, barbecue-flavor	1.0 oz	16
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	16
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	16
Onions, raw	1.0 cups, chopped	16
Noodles, japanese, somen, dry	2.0 oz	16
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	16
Balsam-pear (bitter gourd), pods, raw	1.0 cups (1/2" pieces)	16
Mushrooms, portabella, grilled	1.0 cups sliced	16
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	16
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	16
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	16
Candies, fudge, chocolate, with nuts, prepared-from-	1.0 oz	16
Cowpeas, leafy tips, raw	1.0 cups, chopped	15
Carrots, raw	1.0 cups chopped	15
Apricots, canned, heavy syrup, drained	1.0 cups, halves	15
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	15
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	15
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	15
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8"	3.0 oz	15
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	15
Cherries, sweet, raw	1.0 cups, with pits, yields	15
Cherries, sour, red, canned, light syrup pack, solids and	1.0 cups	15
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	15
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	15
Crackers, rye, wafers, seasoned	0.5 oz	15
Cookies, chocolate wafers	1.0 oz	15
Snacks, potato chips, made from dried potatoes, cheese-	1.0 oz	15

Cookies, brownies, prepared from recipe	1.0 oz	15
Gooseberries, raw	1.0 cups	15
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	15
Cookies, molasses	1.0 oz	15
Bread, cracked-wheat	1.0 oz	15
Grapes, canned, thompson seedless, water pack, solids	1.0 cups	15
Milk substitutes, fluid, with lauric acid oil	1.0 cups	15
Lemon juice, raw	1.0 cups	15
Currants, red and white, raw	1.0 cups	15
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups, cubes	14
Fish, scup, cooked, dry heat	1.0 fillet	14
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	14
Cookies, peanut butter sandwich, special dietary	1.0 oz	14
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	14
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	14
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	14
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	14
Sausage, pork and turkey, pre-cooked	1.0 serving	14
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	14
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	14
Sausage, turkey, hot, smoked	2.0 oz	14
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	14
Cookies, peanut butter sandwich, regular	1.0 oz	14
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	14
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	14
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	14
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	14
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	13
Fish, cisco, raw	1.0 fillet	13
Onions, sweet, raw	1.0 NLEA serving	13
Carambola, (starfruit), raw	1.0 cups, cubes	13
Chicory roots, raw	1.0 root	13
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	13
Cauliflower, green, raw	1.0 cups	13
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	13
Asparagus, cooked, boiled, drained	0.5 cups	13
Soup, chicken with rice, canned, condensed	0.5 cups	13

Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	13
Bread, stuffing, cornbread, dry mix	1.0 oz	12
Cookies, peanut butter, commercially prepared, regular	1.0 oz	12
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	12
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	12
Snacks, rice cakes, brown rice, multigrain	1.0 cake	12
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	12
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cups	12
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	12
Bread, reduced-calorie, wheat	1.0 oz	12
Kale, frozen, unprepared	1.0 cups	12
Bread, wheat	1.0 slice	12
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	12
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	12
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	12
Muffins, English, mixed-grain (includes granola)	1.0 oz	12
Bread, oatmeal, toasted	1.0 oz	12
Radishes, raw	1.0 cups slices	12
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	12
Focaccia, Italian flatbread, plain	1.0 piece	11
Frankfurter, pork	1.0 link	11
Bread, stuffing, dry mix	1.0 oz	11
Bread, rye	1.0 oz	11
Cream puff, eclair, custard or cream filled, iced	4.0 oz	11
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	11
Fish, herring, Atlantic, pickled	1.0 cups	11
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	11
Mollusks, oyster, Pacific, raw	1.0 medium	11
Asparagus, canned, regular pack, solids and liquids	0.5 cups	11
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	11
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	11
Figs, raw	1.0 large (2-1/2" dia)	11
Sausage, turkey, fresh, raw	1.0 serving	11
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	11
Beerwurst, beer salami, pork and beef	2.0 oz	11
Beerwurst, pork and beef	1.0 serving 2 oz	11
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	10

Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	10
Bread, pound cake type, pan de torta salvadoran	1.0 serving	10
Candies, MOUNDS Candy Bar	1.0 bar snack size	10
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	10
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	10
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	10
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	10
Snacks, rice cakes, brown rice, corn	1.0 cake	10
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	10
Pork, fresh, variety meats and by-products, brain, cooked,	3.0 oz	10
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	10
Sausage, Italian, sweet, links	1.0 link 3 oz	10
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	10
Tamarind nectar, canned	1.0 cups	10
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	10
Milk, canned, condensed, sweetened	1.0 fl oz	10
Bread, oat bran	1.0 oz	10
Garlic bread, frozen	1.0 slice presliced	10
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	10
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	10
Pears, raw	1.0 cups, slices	10
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	10
Soup, cream of shrimp, canned, prepared with equal	1.0 cups	10
Cookies, oatmeal, with raisins	1.0 oz	10
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	10
Bologna, pork and turkey, lite	1.0 serving 2 oz	10
Onions, frozen, whole, unprepared	0.33 package (10 oz)	10
Cookies, oatmeal, commercially prepared, regular	1.0 oz	9
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	9
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	9
Peppers, pasilla, dried	1.0 pepper	9
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	9
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	9
Fish, herring, Atlantic, raw	1.0 oz, boneless	9
Cheese, cottage, creamed, large or small curd	4.0 oz	9
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	9
Chicken, skin (drumsticks and thighs), raw	4.0 oz	9

Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	9
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
Broccoli raab, raw	1.0 cups chopped	9
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	9
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	9
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	9
Biscuits, mixed grain, refrigerated dough	1.0 oz	9
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	9
Cream, fluid, light whipping	1.0 cups, whipped	8
POPEYES, Coleslaw	1.0 package	8
Cream, fluid, heavy whipping	1.0 cups, whipped	8
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	8
Mountain yam, hawaii, raw	0.5 cups, cubes	8
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	8
Bread, cheese	1.0 slice	8
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	8
Dessert topping, powdered, 1.5 ounce prepared with 1/2	1.0 cups	8
Snacks, corn-based, extruded, onion-flavor	1.0 oz	8
Cookies, oatmeal, refrigerated dough	1.0 oz	8
Cookies, chocolate chip, refrigerated dough	1.0 serving	8
Cheese, cottage, creamed, with fruit	4.0 oz	8
Kanpyo, (dried gourd strips)	1.0 strip	8
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25%	2.0 oz 1 NLEA serving	8
Crackers, standard snack-type, sandwich, with peanut	0.5 oz	8
Frankfurter, meat	1.0 serving (1 hot dog)	8
POPEYES, biscuit	1.0 biscuit	8
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	8
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	8
Crackers, wheat, sandwich, with cheese filling	0.5 oz	8
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	8
Cookies, fig bars	1.0 oz	8
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	8
Soup, cream of celery, canned, prepared with equal	1.0 cups	7
Spices, mustard seed, ground	1.0 tsp	7

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cups	7
Applesauce, canned, sweetened, without salt	1.0 cups	7
Cheese, pasteurized process, American, fortified with	1.0 oz	7
Bread, white, commercially prepared, toasted	1.0 oz	7
Cookies, chocolate sandwich, with creme filling, special	1.0 oz	7
Fish, roe, mixed species, cooked, dry heat	1.0 oz	7
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	7
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	7
Bread, white wheat	1.0 slice	7
Frostings, coconut-nut, ready-to-eat	0.08 package	7
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	7
Beverages, Energy drink, AMP, sugar free	8.0 fl oz	7
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	7
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	7
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	7
Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	7
Mushrooms, Chanterelle, raw	1.0 cups	7
Kale, raw	1.0 cups	7
Cracker, meal	1.0 oz	7
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	7
Bread, reduced-calorie, oatmeal	1.0 oz	7
Croissants, cheese	1.0 oz	7
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	7
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	7
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	7
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	7
Liverwurst spread	0.25 cups	7
Cream, whipped, cream topping, pressurized	1.0 cups	7
Cheese, blue	1.0 oz	7
Bread, irish soda, prepared from recipe	1.0 oz	7
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	7
Bread, reduced-calorie, white	1.0 oz	7
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	7
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	7
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	7
Egg substitute, powder	0.35 oz	6
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	6

Syrups, table blends, pancake, with 2% maple, with added potassium	1.0 cups	6
Syrups, table blends, pancake	1.0 cups	6
Soup, beef noodle, canned, condensed	0.5 cups	6
Spices, turmeric, ground	1.0 tsp	6
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	6
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	6
Salami, Italian, pork	1.0 oz	6
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	6
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	6
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	6
Egg, whole, raw, fresh	1.0 large	6
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	6
Egg, whole, cooked, poached	1.0 large	6
Egg, whole, cooked, fried	1.0 large	6
Croutons, seasoned	0.5 oz	6
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	6
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	6
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	6
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	6
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	6
Cookies, sugar wafers with creme filling, regular	3.0 cookies	6
Candies, truffles, prepared-from-recipe	1.0 piece	6
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	6
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	6
Cheese, camembert	1.0 oz	6
Sauce, cheese, ready-to-serve	0.25 cups	6
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	6
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	6
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	6
Cranberry sauce, canned, sweetened	1.0 cups	6
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	6
Spices, caraway seed	1.0 tsp	5
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	5
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5

Cake, cherry fudge with chocolate frosting	1.0 oz	5
Danish pastry, cinnamon, enriched	1.0 oz	5
Chicory, witloof, raw	1.0 head	5
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	5
Rice noodles, cooked	1.0 cups	5
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	5
Spices, savory, ground	1.0 tsp	5
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	5
Crackers, rusk toast	0.5 oz	5
Crackers, standard snack-type, sandwich, with cheese	0.5 oz	5
Cookies, shortbread, commercially prepared, pecan	1.0 oz	5
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	5
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat,	1.0 oz	5
Puddings, chocolate, ready-to-eat	1.0 oz	5
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat,	1.0 oz	5
Cake, coffeecake, cinnamon with crumb topping, dry mix,	1.0 oz	5
Veal, breast, whole, boneless, separable lean and fat, raw	1.0 oz	5
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	5
Spices, curry powder	1.0 tsp	5
Keikitos (muffins), Latino bakery item	1.0 piece	5
Bologna, meat and poultry	1.0 slice	5
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5
Barbecue loaf, pork, beef	1.0 oz	5
Fish, cisco, smoked	1.0 oz	5
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	5
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	5
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	5
Bacon and beef sticks	1.0 oz	5
Gravy, beef, canned, ready-to-serve	1.0 cups	5
Blueberries, frozen, sweetened	1.0 cups, thawed	5
Onions, dehydrated flakes	1.0 tbsp	5
Grapes, american type (slip skin), raw	1.0 cups	5
Milk shakes, thick chocolate	1.0 fl oz	5
Pie, banana cream, prepared from recipe	1.0 oz	5
Croissants, butter	1.0 oz	5
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	5
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	5
Bamboo shoots, raw	1.0 cups (1/2" slices)	5
Croutons, plain	0.5 oz	4
Ham, honey, smoked, cooked	1.0 oz (1 serving)	4

Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	4
Apples, raw, without skin	1.0 cups slices	4
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	4
Danish pastry, cheese	1.0 oz	4
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	4
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8"	1.0 oz	4
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	4
Bologna, chicken, turkey, pork	1.0 serving	4
Snacks, fruit leather, rolls	1.0 large	4
Nuts, coconut cream, raw (liquid expressed from grated	1.0 tbsp	4
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
Spices, nutmeg, ground	1.0 tsp	4
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	4
Cookies, vanilla sandwich with creme filling	1.0 oz	4
Cookies, shortbread, commercially prepared, plain	1.0 oz	4
Bologna, pork, turkey and beef	1.0 oz	4
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	4
Spices, ginger, ground	1.0 tsp	4
Soup, cream of mushroom, canned, condensed	0.5 cups	4
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	4
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	4
Endive, raw	0.5 cups, chopped	4
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	4
Croissants, apple	1.0 oz	4
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	4
Cookies, sugar, commercially prepared, regular (includes	1.0 oz	4
Egg, white, raw, fresh	1.0 large	4
Spices, anise seed	1.0 tsp, whole	4
Tree fern, cooked, without salt	0.5 cups, chopped	4
Crackers, cheese, regular	0.5 oz	4
Noodles, japanese, somen, cooked	1.0 cups	4
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	4
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	3
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	3
Nuts, coconut cream, canned, sweetened	1.0 tbsp	3

Cake, cheesecake, commercially prepared	1.0 oz	3
Braunschweiger (a liver sausage), pork	1.0 oz	3
Cake, sponge, commercially prepared	1.0 oz	3
Cream, fluid, half and half	1.0 fl oz	3
Dessert topping, powdered	1.0 oz	3
Pork sausage, link/patty, fully cooked, unheated	1.0 link	3
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	3
Alcoholic beverage, wine, table, white	1.0 fl oz	3
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	3
Crackers, standard snack-type, regular	5.0 crackers	3
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS	1.0 serving	3
Pie, fried pies, fruit	1.0 oz	3
Veal, breast, separable fat, cooked	1.0 oz	3
Cheese, neufchatel	1.0 oz	3
Cake, white, dry mix, special dietary (includes lemon-	1.0 oz	3
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	3
Spices, mace, ground	1.0 tsp	3
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	3
Soup, cream of chicken, canned, condensed, reduced	0.5 cups	2
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	2
Papaya, canned, heavy syrup, drained	1.0 piece	2
Cake, snack cakes, creme-filled, sponge	1.0 oz	2
Pie, cherry, commercially prepared	1.0 oz	2
Soup, chicken broth or bouillon, dry	1.0 cube	2
Spices, thyme, dried	1.0 tsp, leaves	2
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	2
Gravy, brown instant, dry	1.0 serving	2
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	2
Infant formula, GERBER, GOOD START 2 Soy, with iron,	1.0 fl oz	2
Spices, tarragon, dried	1.0 tsp, leaves	2
Spices, marjoram, dried	1.0 tsp	2
Alcoholic beverage, beer, light, BUD LIGHT	1.0 fl oz	2
Parmesan cheese topping, fat free	1.0 tablespoon	2
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	2
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	2
Alcoholic beverage, pina colada, canned	1.0 fl oz	2
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	2
Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	2
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	2
Egg, whole, cooked, omelet	1.0 tbsp	2
Spices, cinnamon, ground	1.0 tsp	2
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	2
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	2

Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	2
Cream, sour, reduced fat, cultured	1.0 tbsp	2
Candies, caramels, chocolate-flavor roll	1.0 piece	1
Pie, blueberry, commercially prepared	1.0 oz	1
Orange peel, raw	1.0 tbsp	1
Cheese, cream	1.0 tbsp	1
Sweeteners, for baking, brown, contains sugar and	1.0 tbsp	1
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	1
Cream, sour, cultured	1.0 tbsp	1
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	1
Cookies, brownies, dry mix, sugar free	1.0 oz	1
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	1
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	1
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	1
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	1
Arugula, raw	1.0 leaf	1
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	1
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	1
Onions, frozen, chopped, cooked, boiled, drained, without	1.0 tbsp chopped	1
Ginger root, raw	1.0 tsp	1
Grapes, muscadine, raw	1.0 grape	1
Longans, dried	1.0 fruit	1
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	1
Spices, bay leaf	1.0 tsp, crumbled	1
Dessert topping, pressurized	1.0 cups	1
Nabisco, Nabisco Ritz Crackers	1.0 cracker	1
Beverages, water, bottled, non-carbonated, EVIAN	1.0 fl oz	1
Water, bottled, non-carbonated, NAYA	1.0 fl oz	1
Dill weed, fresh	5.0 sprigs	1
Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	1.0 serving 1.75 fl oz pop	1
Vanilla extract	1.0 tsp	1