



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

Description	Measure	Potassium, K(mg)Per Measure
Beans, pink, mature seeds, raw	1.0 cups	3074
Whey, sweet, dried	1.0 cups	3016
Beans, black, mature seeds, raw	1.0 cups	2877
Beans, adzuki, mature seeds, raw	1.0 cups	2470
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cups	2202
Orange juice, frozen concentrate, unsweetened,	1.0 cups	1648
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	1644
Soybeans, green, raw	1.0 cups	1587
Salami, pork, beef, less sodium	3.0 oz	1372
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	1341
Plantains, yellow, raw	1.0 plantain	1315
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	1155
Currants, zante, dried	1.0 cups	1119
Tomato products, canned, puree, without salt added	1.0 cups	1098
Tomato products, canned, puree, with salt added	1.0 cups	1098
Breadfruit, raw	1.0 cups	1078
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	1028
Tomato products, canned, sauce, with onions	1.0 cups	1012
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	1002
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	995
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	984
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	970
Lima beans, immature seeds, cooked, boiled, drained,	1.0 cups	969
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	946
Seeds, pumpkin and squash seed kernels, roasted, with	1.0 cups	930
Potatoes, scalloped, home-prepared with butter	1.0 cups	926
Peanuts, all types, dry-roasted, without salt	1.0 cups	926
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	910
Peanuts, valencia, oil-roasted, without salt	1.0 cups	881
Taro, tahitian, cooked, without salt	1.0 cups slices	854
Candies, confectioner's coating, peanut butter	1.0 cups chips	848
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	846
Passion-fruit, (granadilla), purple, raw	1.0 cups	821

Bamboo shoots, raw	1.0 cups (1/2" slices)	805
Beans, black turtle, mature seeds, cooked, boiled,	1.0 cups	801
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	785
Nuts, hazelnuts or filberts	1.0 cups, chopped	782
Beans, baked, canned, with pork	1.0 cups	782
Lima beans, immature seeds, frozen, fordhook,	1.0 cups	765
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	751
Beverages, Whey protein powder isolate	3.0 scoop	750
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	741
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	740
Beans, black turtle, mature seeds, canned	1.0 cups	739
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	734
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups, cubes	718
Cardoon, raw	1.0 cups, shredded	712
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	711
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	690
Plantains, yellow, baked	1.0 cups	663
Potatoes, mashed, dehydrated, flakes without milk, dry	1.0 cups	659
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	658
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	658
Cereals ready-to-eat, granola, homemade	1.0 cups	658
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	652
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cups, mashed	644
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups, mashed	644
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	642
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	638
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	631
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	631
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	625
Squash, summer, zucchini, italian style, canned	1.0 cups	622
Pork, fresh, enhanced, loin, tenderloin, separable lean	4.0 oz	596
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	586
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	582
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	569
Edamame, frozen, unprepared	1.0 cups	569
Kiwifruit, green, raw	1.0 cups, sliced	562
Purslane, cooked, boiled, drained, without salt	1.0 cups	561
Fish, bluefish, cooked, dry heat	1.0 fillet	558
Fish, bluefish, raw	1.0 fillet	558

Garlic, raw	1.0 cups	545
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	542
Milk, dry, nonfat, regular, without added vitamin A and	0.25 cups	538
Spinach, canned, regular pack, solids and liquids	1.0 cups	538
Pomegranate juice, bottled	1.0 cups	533
Mushrooms, portabella, grilled	1.0 cups sliced	529
Tomatoes, red, ripe, canned, stewed	1.0 cups	528
Tomato juice, canned, without salt added	1.0 cups	527
Tomato juice, canned, with salt added	1.0 cups	527
Cheese substitute, mozzarella	1.0 cups, shredded	514
Nuts, butternuts, dried	1.0 cups	505
Squash, winter, hubbard, cooked, boiled, mashed, with	1.0 cups, mashed	505
Squash, winter, hubbard, cooked, boiled, mashed,	1.0 cups, mashed	505
Pork, fresh, leg (ham), whole, separable lean only,	1.0 cups, diced	504
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	500
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	486
Mollusks, mussel, blue, raw	1.0 cups	480
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	478
Milk, buttermilk, dried	0.25 cups	478
Corn grain, white	1.0 cups	476
Fish, lingcod, cooked, dry heat	3.0 oz	476
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	475
Vegetable juice cocktail, canned	1.0 cups	468
Fish, salmon, chum, cooked, dry heat	3.0 oz	468
Fish, burbot, cooked, dry heat	1.0 fillet	466
Snacks, potato chips, fat free, salted	1.0 oz	462
Drumstick pods, raw	1.0 cups slices	461
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	458
Barley flour or meal	1.0 cups	457
Peas, mature seeds, sprouted, raw	1.0 cups	457
Rice flour, brown	1.0 cups	457
Fish, mahimahi, cooked, dry heat	3.0 oz	453
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	450
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	449
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	448
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	448
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	444
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	444
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	443

Orange juice, chilled, includes from concentrate, with	1.0 cups	443
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	443
Beets, raw	1.0 cups	442
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4.0 oz	442
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	440
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	439
Seeds, lotus seeds, dried	1.0 cups	438
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	435
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	426
Fish, swordfish, cooked, dry heat	3.0 oz	424
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	424
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	422
Grapefruit, sections, canned, juice pack, solids and	1.0 cups	421
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	420
Beverages, Protein powder soy based	1.0 scoop	420
Eggnog	1.0 cups	419
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	418
Asparagus, canned, drained solids	1.0 cups	416
Fish, grouper, mixed species, raw	3.0 oz	411
Carrots, raw	1.0 cups chopped	410
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	407
Grapefruit juice, white, canned, sweetened	1.0 cups	405
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	404
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	403
Yogurt, plain, low fat	1.0 container (6 oz)	398
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	395
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	394
Sorghum flour, whole-grain	1.0 cups	392
Beets, canned, regular pack, solids and liquids	1.0 cups	391
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	391
Carissa, (natal-plum), raw	1.0 cups slices	390
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	387
Oat flour, partially debranned	1.0 cups	386
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw meat)	385

Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	384
Potatoes, roasted, salt added in processing, frozen,	3.0 oz	382
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	380
Fish, mackerel, spanish, raw	3.0 oz	379
Sweet potato, canned, syrup pack, drained solids	1.0 cups	378
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	375
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	373
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	371
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	371
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	371
Milk, producer, fluid, 3.7% milkfat	1.0 cups	368
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	368
Turnip greens, frozen, cooked, boiled, drained, without	1.0 cups	367
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	367
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	366
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	364
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	364
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	362
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	362
Apricots, canned, heavy syrup pack, with skin, solids and	1.0 cups, halves	361
Currants, european black, raw	1.0 cups	361
Fish, herring, Pacific, raw	3.0 oz	360
Pork, fresh, loin, whole, separable lean and fat, cooked,	3.0 oz	360
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	359
Pork, fresh, leg (ham), whole, separable lean and fat,	4.0 oz	356
Chicken, broilers or fryers, dark meat, meat only,	1.0 cups	354
Peas, green, raw	1.0 cups	354
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	354
Turnip greens and turnips, frozen, cooked, boiled,	1.0 cups	352
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cups	352
Snacks, potato sticks	1.0 oz	351
Fish, tilapia, raw	1.0 fillet	350
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	350

Cornmeal, whole-grain, white	1.0 cups	350
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	348
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	348
Grapefruit, raw, white, Florida	1.0 cups sections, with juice	345
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	344
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	344
Brussels sprouts, raw	1.0 cups	342
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	340
Pork, Leg sirloin tip roast, boneless, separable lean and	3.0 oz	339
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	339
Cheese spread, pasteurized process, American	1.0 cups, diced	339
Blackberry juice, canned	1.0 cups	338
Soup, cream of chicken, canned, condensed, reduced	0.5 cups	337
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw meat)	336
Snacks, potato chips, barbecue-flavor	1.0 oz	336
Milk, sheep, fluid	1.0 cups	336
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	334
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	333
Oranges, raw, with peel	1.0 cups	333
Potatoes, baked, skin, without salt	1.0 skin	332
Broccoli, frozen, chopped, unprepared	1.0 cups	331
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	329
Snacks, potato chips, fat-free, made with olestra	1.0 oz	329
Pork, cured, ham, rump, bone-in, separable lean only,	3.0 oz	327
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	326
Litchis, raw	1.0 cups	325
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	325
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	325
Tangerines, (mandarin oranges), raw	1.0 cups, sections	324
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	323
Oranges, raw, California, valencias	1.0 cups sections, without membranes	322
Grapefruit, sections, canned, water pack, solids and	1.0 cups	322
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	320
Squash, winter, butternut, frozen, cooked, boiled,	1.0 cups, mashed	319
Potatoes, flesh and skin, raw	0.5 cups, diced	319

Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes	2.0 oz 1 NLEA serving	316
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	315
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked,	3.0 oz	314
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	314
Apricots, canned, heavy syrup, drained	1.0 cups, halves	313
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	310
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	310
Pork, cured, ham, shank, bone-in, separable lean only,	3.0 oz	309
Fish, pollock, Alaska, cooked	3.0 oz	309
Currants, red and white, raw	1.0 cups	308
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	307
Cherries, sweet, raw	1.0 cups, with pits, yields	306
Soup, pea, split with ham, canned, chunky, ready-to-	1.0 cups	305
Pork, cured, ham, rump, bone-in, separable lean and fat,	3.0 oz	304
Pokeberry shoots, (poke), cooked, boiled, drained,	1.0 cups	304
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	303
Cress, garden, raw	1.0 cups	303
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	302
Cheese, pasteurized process, swiss	1.0 cups, diced	302
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	302
Yogurt, fruit, low fat,9 g protein/8 oz	1.0 container (6 oz)	301
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	301
Corn flour, yellow, masa, enriched	1.0 cups	299
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	299
Mollusks, octopus, common, raw	3.0 oz	298
Gooseberries, raw	1.0 cups	297
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw meat)	297
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	292
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	292
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	292
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution	1.0 cups	290
Beet greens, raw	1.0 cups	290

Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	289
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	289
Turkey, ground, fat free, patties, broiled	3.0 oz	288
Pork, cured, ham, shank, bone-in, separable lean and fat,	3.0 oz	288
Cheese food, pasteurized process, American, vitamin D	1.0 cups	288
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	287
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat,	3.0 oz	286
Mountain yam, hawaii, raw	0.5 cups, cubes	284
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	284
Lime juice, raw	1.0 cups	283
Fish, salmon, pink, canned, drained solids	3.0 oz	283
Beef, ground, 90% lean meat / 10% fat, patty, cooked,	3.0 oz	283
Fish, tuna, white, canned in oil, drained solids	3.0 oz	283
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	282
Fish, pike, northern, cooked, dry heat	3.0 oz	281
Fish, cisco, raw	1.0 fillet	280
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	280
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	280
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups, chopped	278
Milk substitutes, fluid, with lauric acid oil	1.0 cups	278
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	278
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	278
Fast foods, croissant, with egg, cheese, and ham	1.0 item	277
Mangos, raw	1.0 cups pieces	277
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat,	3.0 oz	277
Fish, salmon, pink, canned, without salt, solids with bone	3.0 oz	277
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	277
Peas, edible-podded, frozen, unprepared	1.0 cups	276
Balsam-pear (bitter gourd), pods, raw	1.0 cups (1/2" pieces)	275
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	273
Mushrooms, Chanterelle, raw	1.0 cups	273
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	273
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	273
Cheese, ricotta, whole milk	0.5 cups	272
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	271

Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	270
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to	3.0 oz	270
Radishes, raw	1.0 cups slices	270
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	270
Teff, cooked	1.0 cups	270
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	269
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	268
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	267
Chicken, dark meat, thigh, meat only, with added	4.0 oz	264
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	264
Papayas, raw	1.0 cups 1" pieces	264
Yogurt, plain, whole milk	1.0 container (6 oz)	264
Grapes, canned, thompson seedless, water pack, solids	1.0 cups	262
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	261
Broccoli, frozen, chopped, cooked, boiled, drained,	1.0 cups	261
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	260
Veal, shank (fore and hind), separable lean and fat,	3.0 oz	259
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	258
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	258
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	258
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	257
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	256
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	256
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	256
Figs, canned, water pack, solids and liquids	1.0 cups	255
Fish, wolffish, Atlantic, raw	3.0 oz	255
Beverages, Meal supplement drink, canned, peanut	1.0 cups	253
Lemon juice, raw	1.0 cups	251
Fast foods, biscuit, with egg and bacon	1.0 biscuit	250
Fish, flatfish (flounder and sole species), cooked, dry	1.0 fillet	250
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat,	3.0 oz	248
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	248
Veal, breast, whole, boneless, separable lean only,	3.0 oz	246
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	244
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	243

Fish, haddock, raw	3.0 oz	243
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	242
Fast Foods, biscuit, with egg and sausage	1.0 item	241
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	240
Macaroni, vegetable, enriched, dry	1.0 cups spiral shaped	239
Cherries, sour, red, canned, light syrup pack, solids and	1.0 cups	239
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	238
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8"	4.0 oz	236
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	235
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	235
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	235
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	235
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	234
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	234
Onions, raw	1.0 cups, chopped	234
Turkey, retail parts, thigh, meat and skin, cooked,	3.0 oz	232
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	231
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	231
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	231
Boysenberries, canned, heavy syrup	1.0 cups	230
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	229
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	228
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	228
Soup, chicken noodle, dry, mix	1.0 packet	226
Chicken, broilers or fryers, leg, meat and skin, cooked,	3.0 oz	224
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	224
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	224
Kale, frozen, unprepared	1.0 cups	223
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	220
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	219
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	218
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	218
Fast foods, english muffin, with egg, cheese, and	1.0 sandwich	218

Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	217
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	217
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	215
Beans, snap, green, frozen, cooked, boiled, drained	1.0 cups	215
Loganberries, frozen	1.0 cups, unthawed	213
Puddings, chocolate, dry mix, regular, prepared with	0.5 cups	213
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	213
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	213
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	212
Purslane, raw	1.0 cups	212
Onions, frozen, whole, cooked, boiled, drained, without	1.0 cups	212
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	212
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	212
Blackberries, frozen, unsweetened	1.0 cups, unthawed	211
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	211
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	211
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	210
Asparagus, canned, regular pack, solids and liquids	0.5 cups	210
Beverages, V8 V-FUSION Juices, Peach Mango	1.0 serving 8 oz	209
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	208
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	207
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	207
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	207
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	207
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	206
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	205
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	204
Pasta, dry, enriched	1.0 cups spaghetti	203
Pasta, dry, unenriched	1.0 cups spaghetti	203
Asparagus, cooked, boiled, drained	0.5 cups	202
Frankfurter, pork	1.0 link	201
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	200

Okra, frozen, unprepared	0.33 package (10 oz)	200
Chicken, broilers or fryers, meat and skin, cooked, fried,	3.0 oz	199
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	199
Peas, edible-podded, raw	1.0 cups, chopped	196
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	196
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	194
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	194
Turkey, whole, dark meat, meat and skin, cooked,	3.0 oz	194
Milk, dry, nonfat, calcium reduced	1.0 oz	193
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	192
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	192
Cauliflower, green, raw	1.0 cups	192
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cups	191
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	190
Gravy, beef, canned, ready-to-serve	1.0 cups	189
Beverages, chocolate powder, no sugar added	2.0 tbsp	188
Cereals, WHEATENA, cooked with water	1.0 cups	187
Guinea hen, meat only, raw	3.0 oz	187
Soup, pea, green, canned, condensed	0.5 cups	186
Applesauce, canned, sweetened, without salt	1.0 cups	184
Fish, scup, cooked, dry heat	1.0 fillet	184
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	184
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	183
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	183
Cheese, provolone	1.0 cups, diced	182
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	181
Cheese, parmesan, grated	1.0 cups	180
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	180
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	180
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	179
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	179
Cheese, muenster	1.0 cups, diced	177
Crustaceans, spiny lobster, mixed species, cooked, moist	3.0 oz	177
Onions, sweet, raw	1.0 NLEA serving	176
Grapes, american type (slip skin), raw	1.0 cups	176

Carambola, (starfruit), raw	1.0 cups, cubes	176
Chicory roots, raw	1.0 root	174
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	174
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	172
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	170
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	169
Squab, (pigeon), meat and skin, raw	3.0 oz	169
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	169
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	168
Spinach, raw	1.0 cups	167
Pork, fresh, variety meats and by-products, brain,	3.0 oz	166
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	166
Cowpeas, leafy tips, raw	1.0 cups, chopped	164
MORI-NU, Tofu, silken, firm	1.0 slice	163
Sausage, Italian, sweet, links	1.0 link 3 oz	163
Pears, raw	1.0 cups, slices	162
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	162
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	162
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	162
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	161
Chocolate, dark, 60-69% cacao solids	1.0 oz	161
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	159
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	157
Peppers, pasilla, dried	1.0 pepper	156
Cheese, ricotta, part skim milk	0.5 cups	155
Soup, beef broth, bouillon, consomme, prepared with equal volume water	1.0 cups (8 fl oz)	154
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	154
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	153
Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	151
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	151
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	150
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	150
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	150
Rowal, raw	0.5 cups	149
Sausage, turkey, fresh, raw	1.0 serving	149
Figs, raw	1.0 large (2-1/2" dia)	148

Blueberries, wild, canned, heavy syrup, drained	1.0 cups	147
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	147
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	145
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	145
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat,	3.0 oz	144
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	144
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	142
Milk, canned, condensed, sweetened	1.0 fl oz	142
POPEYES, Coleslaw	1.0 package	142
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	141
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	141
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	139
Blueberries, frozen, sweetened	1.0 cups, thawed	138
Wheat flour, white, bread, enriched	1.0 cups	137
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	137
Beerwurst, beer salami, pork and beef	2.0 oz	137
Beerwurst, pork and beef	1.0 serving 2 oz	137
Onions, frozen, whole, unprepared	0.33 package (10 oz)	135
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	135
Chicken, skin (drumsticks and thighs), raw	4.0 oz	134
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.0 bar 1.55 oz	134
Wheat flour, white, all-purpose, unenriched	1.0 cups	134
Wheat flour, white, all-purpose, enriched, calcium-	1.0 cups	134
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	133
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	133
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	133
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	132
Sausage, pork and turkey, pre-cooked	1.0 serving	131
Flan, caramel custard, dry mix	1.0 package (3 oz)	130
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	130
Biscuits, mixed grain, refrigerated dough	1.0 oz	129
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	129
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8"	3.0 oz	128

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cups	128
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	125
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	125
Soup, cream of celery, canned, prepared with equal	1.0 cups	124
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	122
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	122
Dessert topping, powdered, 1.5 ounce prepared with	1.0 cups	121
Beverages, almond milk, sweetened, vanilla flavor, ready	8.0 fl oz	120
Nuts, almond butter, plain, with salt added	1.0 tbsp	120
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	118
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	118
Cheese, cottage, creamed, large or small curd	4.0 oz	118
Cream, fluid, light whipping	1.0 cups, whipped	116
Bread, pound cake type, pan de torta salvadoran	1.0 serving	116
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	115
Cream, fluid, heavy whipping	1.0 cups, whipped	114
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	113
Seeds, sesame flour, low-fat	1.0 oz	113
Snacks, tortilla chips, low fat, made with olestra, nacho	1.0 oz	112
Chicory, witloof, raw	1.0 head	112
Sausage, turkey, hot, smoked	2.0 oz	110
Snacks, potato chips, made from dried potatoes, cheese-	1.0 oz	108
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	108
Bacon and beef sticks	1.0 oz	108
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	106
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	106
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	106
Bologna, meat and poultry	1.0 slice	106
Mollusks, oyster, eastern, farmed, raw	3.0 oz	105
POPEYES, biscuit	1.0 biscuit	104
Cheese, cottage, creamed, with fruit	4.0 oz	102
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	100
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	100
Kanpyo, (dried gourd strips)	1.0 strip	100
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	100
Apples, raw, without skin	1.0 cups slices	99
Soup, beef noodle, canned, condensed	0.5 cups	99

Cookies, molasses	1.0 oz	98
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	97
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	97
Fish, herring, Atlantic, pickled	1.0 cups	97
Crackers, wheat, regular	16.0 crackers 1 serving	96
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	95
Salami, Italian, pork	1.0 oz	95
Cheese, swiss	1.0 cups, diced	95
Cookies, brownies, dry mix, sugar free	1.0 oz	95
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	95
Biscuits, plain or buttermilk, refrigerated dough, higher	1.0 biscuit	94
Liverwurst spread	0.25 cups	94
Noodles, japanese, somen, dry	2.0 oz	93
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	93
Barbecue loaf, pork, beef	1.0 oz	93
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	93
Cheese, feta	1.0 cups, crumbled	93
Snacks, oriental mix, rice-based	1.0 oz	93
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	93
Noodles, egg, dry, unenriched	1.0 cups	93
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	93
Fish, herring, Atlantic, raw	1.0 oz, boneless	93
Bread, protein (includes gluten)	1.0 oz	91
Ham, honey, smoked, cooked	1.0 oz (1 serving)	91
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to	1.0 oz	91
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	91
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	90
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	90
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	90
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	89
Cream, whipped, cream topping, pressurized	1.0 cups	88
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	87
Martha White Foods, Martha White's Buttermilk Biscuit	1.0 serving	87
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	87
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	86

Cheese, mozzarella, whole milk	1.0 cups, shredded	85
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	85
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	85
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	84
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	84
Mollusks, oyster, Pacific, raw	1.0 medium	84
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	84
Cookies, chocolate sandwich, with creme filling, special	1.0 oz	84
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	84
Cookies, peanut butter sandwich, special dietary	1.0 oz	83
Fish, cisco, smoked	1.0 oz	83
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	81
Bread, whole-wheat, commercially prepared	1.0 slice	81
Onions, dehydrated flakes	1.0 tbsp	81
Veal, breast, whole, boneless, separable lean and fat,	1.0 oz	81
Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	1.0 serving 8 oz	81
Soup, cream of mushroom, canned, condensed	0.5 cups	81
Fish, roe, mixed species, cooked, dry heat	1.0 oz	80
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	80
Frankfurter, meat	1.0 serving (1 hot dog)	79
Endive, raw	0.5 cups, chopped	78
Broccoli raab, raw	1.0 cups chopped	78
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	78
Cranberry sauce, canned, sweetened	1.0 cups	78
Bologna, pork and turkey, lite	1.0 serving 2 oz	77
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	77
Cream puff, eclair, custard or cream filled, iced	4.0 oz	77
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	77
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat,	1.0 oz	76
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	76
Bread, irish soda, prepared from recipe	1.0 oz	75
Cheese, American, nonfat or fat free	1.0 serving	75
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	74
Egg substitute, powder	0.35 oz	74
Snacks, tortilla chips, ranch-flavor	1.0 oz	73
Kale, raw	1.0 cups	73

Cheese, blue	1.0 oz	73
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	72
Dessert topping, powdered	1.0 oz	71
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	71
Frostings, coconut-nut, ready-to-eat	0.08 package	71
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	70
Egg, whole, cooked, fried	1.0 large	70
Bread, stuffing, dry mix	1.0 oz	70
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	69
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	69
Syrups, table blends, pancake, with 2% maple, with added potassium	1.0 cups	69
Egg, whole, cooked, poached	1.0 large	69
Egg, whole, raw, fresh	1.0 large	69
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	69
Cheese, mexican, queso chihuahua	1.0 cups, diced	69
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	68
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	68
Tamarind nectar, canned	1.0 cups	68
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	68
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	66
Cookies, oatmeal, with raisins	1.0 oz	65
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	65
Focaccia, Italian flatbread, plain	1.0 piece	65
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	65
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	65
Crackers, rye, wafers, seasoned	0.5 oz	64
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	64
Milk shakes, thick chocolate	1.0 fl oz	64
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	64
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	63
Bologna, pork, turkey and beef	1.0 oz	63
Spices, turmeric, ground	1.0 tsp	62
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	62
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	62
Snacks, fruit leather, rolls	1.0 large	62
Candies, MOUNDS Candy Bar	1.0 bar snack size	61

Crackers, standard snack-type, sandwich, with cheese	0.5 oz	61
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	61
Cookies, chocolate wafers	1.0 oz	60
Cookies, chocolate chip, refrigerated dough	1.0 serving	59
Noodles, egg, spinach, enriched, cooked	1.0 cups	59
Beverages, V8 SPLASH Smoothies, Peach Mango	1.0 serving 8 oz	59
Beverages, V8 SPLASH Smoothies, Strawberry Banana	1.0 serving 8 oz	59
Cookies, fig bars	1.0 oz	59
Soup, cream of shrimp, canned, prepared with equal	1.0 cups	59
Bread, stuffing, cornbread, dry mix	1.0 oz	58
Cookies, peanut butter, commercially prepared, regular	1.0 oz	57
Braunschweiger (a liver sausage), pork	1.0 oz	56
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	56
Pork, fresh, variety meats and by-products, pancreas,	1.0 oz	56
Rice, white, long-grain, regular, cooked, unenriched,	1.0 cups	55
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	55
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	55
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	55
Cookies, peanut butter sandwich, regular	1.0 oz	54
Rice, white, medium-grain, cooked, unenriched	1.0 cups	54
Egg, white, raw, fresh	1.0 large	54
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	53
Cheese, camembert	1.0 oz	53
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	52
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	52
Puddings, chocolate, ready-to-eat	1.0 oz	52
Candies, fudge, chocolate, with nuts, prepared-from-	1.0 oz	52
Archway Home Style Cookies, Iced Oatmeal	1.0 serving	52
Veal, breast, separable fat, cooked	1.0 oz	51
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	51
Noodles, japanese, somen, cooked	1.0 cups	51
Snacks, pork skins, barbecue-flavor	1.0 oz	51
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	51
Bread, cracked-wheat	1.0 oz	50
Cookies, brownies, prepared from recipe	1.0 oz	50
Cookies, oatmeal, commercially prepared, special	1.0 oz	50
Nabisco, Nabisco Grahams Crackers	1.0 serving	50
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	49
Nuts, coconut cream, raw (liquid expressed from grated	1.0 tbsp	49
Pork sausage, link/patty, fully cooked, unheated	1.0 link	49

Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	48
Candies, YORK Peppermint Pattie	1.0 patty 1.5 oz	48
Syrups, table blends, pancake	1.0 cups	47
Cake, cherry fudge with chocolate frosting	1.0 oz	47
Bread, rye	1.0 oz	47
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	47
Pie, banana cream, prepared from recipe	1.0 oz	47
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	46
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	46
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	45
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	45
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat,	1.0 oz	45
Garlic bread, frozen	1.0 slice presliced	44
Muffins, English, mixed-grain (includes granola)	1.0 oz	44
Bread, oatmeal, toasted	1.0 oz	44
Crackers, wheat, sandwich, with cheese filling	0.5 oz	43
Cheese, neufchatel	1.0 oz	43
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	43
Soup, chicken with rice, canned, condensed	0.5 cups	43
Bologna, chicken, turkey, pork	1.0 serving	43
Bread, reduced-calorie, wheat	1.0 oz	43
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	42
Cake, white, dry mix, special dietary (includes lemon-	1.0 oz	42
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	42
Candies, YORK BITES	15.0 pieces	42
Cookies, sugar wafers with creme filling, regular	3.0 cookies	42
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	42
Bread, oat bran	1.0 oz	42
Cookies, oatmeal, refrigerated dough	1.0 oz	42
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	42
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	41
Bread, wheat	1.0 slice	41
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	41
Snacks, corn-based, extruded, onion-flavor	1.0 oz	41
Bread, cheese	1.0 slice	40
Cookies, oatmeal, commercially prepared, regular	1.0 oz	40
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	40
Cream, fluid, half and half	1.0 fl oz	40
Archway Home Style Cookies, Date Filled Oatmeal	1.0 serving	40

Bread, french or vienna, toasted (includes sourdough)	1.0 oz	40
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8"	1.0 oz	39
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	39
Keikitos (muffins), Latino bakery item	1.0 piece	38
Cheese, pasteurized process, American, fortified with	1.0 oz	37
Croissants, cheese	1.0 oz	37
Bread, white, commercially prepared, toasted	1.0 oz	37
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	37
Candies, truffles, prepared-from-recipe	1.0 piece	36
Bread, white wheat	1.0 slice	36
Danish pastry, cinnamon, enriched	1.0 oz	35
Bread, reduced-calorie, oatmeal	1.0 oz	35
Archway Home Style Cookies, Iced Molasses	1.0 serving	35
Crackers, rusk toast	0.5 oz	35
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	35
Croissants, butter	1.0 oz	33
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	33
Cracker, meal	1.0 oz	33
Cake, coffeecake, cinnamon with crumb topping, dry	1.0 oz	32
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	32
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	31
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	31
Crackers, standard snack-type, sandwich, with peanut	0.5 oz	31
Archway Home Style Cookies, Molasses	1.0 serving	30
Cookies, peanut butter, commercially prepared, soft-	1.0 oz	30
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	30
Spices, anise seed	1.0 tsp, whole	30
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	30
Parmesan cheese topping, fat free	1.0 tablespoon	30
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	30
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	30
Archway Home Style Cookies, Raspberry Filled	1.0 serving	30
Beverages, V8 SPLASH Juice Drinks, Mango Peach	1.0 serving 8 oz	29
Cream substitute, liquid, with lauric acid oil and sodium caseinate	1.0 container, individual	29
Spices, caraway seed	1.0 tsp	28
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	28
Cake, sponge, commercially prepared	1.0 oz	28
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	28

Danish pastry, cheese	1.0 oz	28
Crackers, melba toast, rye (includes pumpnickel)	0.5 oz	27
Alcoholic beverage, pina colada, canned	1.0 fl oz	27
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	27
Snacks, rice cakes, brown rice, multigrain	1.0 cake	26
Papaya, canned, heavy syrup, drained	1.0 piece	26
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	26
Cookies, vanilla sandwich with creme filling	1.0 oz	26
Croutons, seasoned	0.5 oz	26
Cake, cheesecake, commercially prepared	1.0 oz	26
Croissants, apple	1.0 oz	26
Salad dressing, russian dressing, low calorie	1.0 tablespoon	25
Cookies, shortbread, commercially prepared, plain	1.0 oz	25
Snacks, rice cakes, brown rice, corn	1.0 cake	25
Cookies, sugar, commercially prepared, regular (includes	1.0 oz	25
Gravy, brown instant, dry	1.0 serving	25
Spices, ginger, ground	1.0 tsp	24
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	24
Spices, curry powder	1.0 tsp	23
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	23
Infant formula, GERBER, GOOD START 2 Soy, with iron,	1.0 fl oz	23
Pie, cherry, commercially prepared	1.0 oz	23
Crackers, cheese, regular	0.5 oz	22
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	22
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	22
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	22
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	22
Infant Formula, GERBER GOOD START 2, GENTLE PLUS,	1.0 fl oz	22
Bread, reduced-calorie, white	1.0 oz	22
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	21
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	21
Alcoholic beverage, wine, table, white	1.0 fl oz	21
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	21
Cookies, shortbread, commercially prepared, pecan	1.0 oz	21
Cake, snack cakes, creme-filled, sponge	1.0 oz	20
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	19
Cream, sour, reduced fat, cultured	1.0 tbsp	19
Seeds, safflower seed meal, partially defatted	1.0 oz	19
Nuts, coconut cream, canned, sweetened	1.0 tbsp	19
Cheese, cream	1.0 tbsp	19
Sauce, cheese, ready-to-serve	0.25 cups	19
Crackers, standard snack-type, regular	5.0 crackers	19
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	19

Pie, fried pies, fruit	1.0 oz	18
Spices, tarragon, dried	1.0 tsp, leaves	18
Croutons, plain	0.5 oz	18
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	18
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	18
Egg, whole, cooked, omelet	1.0 tbsp	18
Sweeteners, for baking, brown, contains sugar and	1.0 tbsp	17
Onions, frozen, chopped, cooked, boiled, drained,	1.0 tbsp chopped	16
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	16
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	16
Cream, sour, cultured	1.0 tbsp	15
Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	15
Spices, mustard seed, ground	1.0 tsp	15
Spices, savory, ground	1.0 tsp	15
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	15
Martha White Foods, Martha White's Chewy Fudge	1.0 serving	14
Pie, blueberry, commercially prepared	1.0 oz	14
Dessert topping, pressurized	1.0 cups	13
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	13
Orange peel, raw	1.0 tbsp	13
Soup, chicken broth or bouillon, dry	1.0 cube	12
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	12
Grapes, muscadine, raw	1.0 grape	12
Spices, cinnamon, ground	1.0 tsp	11
Longans, dried	1.0 fruit	11
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	10
Spices, marjoram, dried	1.0 tsp	9
Beverages, Whiskey sour mix, bottled	1.0 fl oz	9
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS	1.0 serving	9
Ginger root, raw	1.0 tsp	8
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	8
Spices, thyme, dried	1.0 tsp, leaves	8
Salad dressing, KRAFT Mayo Fat Free Mayonnaise	1.0 tbsp	8
Spices, mace, ground	1.0 tsp	8
Spices, nutmeg, ground	1.0 tsp	8
Alcoholic beverage, beer, light, BUD LIGHT	1.0 fl oz	8
Candies, caramels, chocolate-flavor roll	1.0 piece	8
Dill weed, fresh	5.0 sprigs	7
Arugula, raw	1.0 leaf	7
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	7
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	7
Rice noodles, cooked	1.0 cups	7
Vanilla extract	1.0 tsp	6
Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	1.0 serving 1.75 fl oz pop	6

Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	6
Candies, TWIZZLERS CHERRY BITES	18.0 pieces	6
Sesbania flower, raw	1.0 flower	6
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	5
Beverages, Energy drink, AMP, sugar free	8.0 fl oz	5
Beverages, Propel Zero, fruit-flavored, non-carbonated	1.0 fl oz	5
Salad dressing, mayonnaise, soybean and safflower oil,	1.0 tablespoon	5
Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	5
Nabisco, Nabisco Ritz Crackers	1.0 cracker	4
Tree fern, cooked, without salt	0.5 cups, chopped	4
Alcoholic beverage, whiskey sour, canned	1.0 fl oz	3
Salad dressing, french, home recipe	1.0 tablespoon	3
Alcoholic beverage, daiquiri, canned	1.0 fl oz	3
Spices, bay leaf	1.0 tsp, crumbled	3
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	3
Margarine-like, margarine-butter blend, soybean oil and	1.0 tbsp	3
Salad dressing, mayonnaise, regular	1.0 tbsp	3
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	1.0 fl oz	2
Whiskey sour mix, bottled, with added potassium and	1.0 fl oz	2
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	2
Butter, salted	1.0 pat (1" sq, 1/3" high)	1
Olives, pickled, canned or bottled, green	1.0 olive	1
Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	1.0 fl oz	1
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	1
Olives, ripe, canned (small-extra large)	1.0 tbsp	1
Beverages, carbonated, club soda	1.0 fl oz	1
Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	1.0 fl oz	1