

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

Description	Measure	Selenium, Se(μg)Per Measure
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	105.6
Fish, herring, Atlantic, pickled	1.0 cups	81.9
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	70.6
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	68.3
Pork, fresh, leg (ham), whole, separable lean only, cooked,	1.0 cups,	67.4
Mollusks, mussel, blue, raw	1.0 cups	67.2
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe	59.8
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	59.6
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or	59.6
Fish, swordfish, cooked, dry heat	3.0 oz	58.2
Pasta, dry, enriched	1.0 cups	57.5
Pasta, dry, unenriched	1.0 cups	57.5
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	56.5
Barley flour or meal	1.0 cups	55.8
Fish, bluefish, cooked, dry heat	1.0 fillet	54.8
Fish, bluefish, raw	1.0 fillet	54.8
Wheat flour, white, bread, enriched	1.0 cups	54.4
Mollusks, oyster, eastern, farmed, raw	3.0 oz	54.1
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or	52.9
Fish, tuna, white, canned in oil, drained solids	3.0 oz	51.1
Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	50.3
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	48.7
Fish, tilapia, raw	1.0 fillet	48.5
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	45.1
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	44.2
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	42.4
Wheat flour, white, all-purpose, unenriched	1.0 cups	42.4
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	41.9
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	41.4
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	40.1

Fish, salmon, chum, cooked, dry heat	3.0 oz	39.8
Fish, mahimahi, cooked, dry heat	3.0 oz	39.8
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	39.8
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	39.8
Fish, lingcod, cooked, dry heat	3.0 oz	39.8
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	39.8
Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.0 oz	39.8
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	39.7
Cheese, swiss	1.0 cups,	39.6
Whey, sweet, dried	1.0 cups	39.4
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	39.3
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	39.3
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	39.2
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	38.5
Mollusks, oyster, Pacific, raw	1.0 medium	38.5
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	38.2
Fast foods, english muffin, with egg, cheese, and canadian	1.0 sandwich	38.2
Mollusks, octopus, common, raw	3.0 oz	38.1
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	37.7
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	37.7
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	37.6
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	37.1
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	36.6
Fast Foods, biscuit, with egg and sausage	1.0 item	36.6
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	36.5
Cheese, mozzarella, low moisture, part-skim	1.0 cups,	36.4
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3.0 oz	36
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	35.8
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	35.4
Oat flour, partially debranned	1.0 cups	35.4
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	35
Beverages, Whey protein powder isolate	3.0 scoop	35
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	34.9
Noodles, egg, spinach, enriched, cooked	1.0 cups	34.9
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	34.9
Cheese, parmesan, grated	1.0 cups	34.4
Fish, salmon, pink, canned, drained solids	3.0 oz	33.6

Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	33.6
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	33.6
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	33.4
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	33.2
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	32.4
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	32.1
Liverwurst spread	0.25 cups	31.9
Fish, mackerel, spanish, raw	3.0 oz	31
Fish, wolffish, Atlantic, raw	3.0 oz	31
Fish, herring, Pacific, raw	3.0 oz	31
Fish, grouper, mixed species, raw	3.0 oz	31
Cereals ready-to-eat, granola, homemade	1.0 cups	31
Fast foods, biscuit, with egg and bacon	1.0 biscuit	30.9
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	30.4
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	4.0 oz	30.1
Noodles, egg, dry, unenriched	1.0 cups	29.9
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	29.8
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	29.3
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	29.2
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	28.8
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cups	28.7
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	28.6
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	28.5
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	28.3
Fish, salmon, pink, canned, without salt, solids with bone and	3.0 oz	28.2
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	27.9
Fast foods, croissant, with egg, cheese, and ham	1.0 item	27.7
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	27.7
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	27.6
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	27.6
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	27.5
Beans, pink, mature seeds, raw	1.0 cups	27.3
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	27

Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	26.6
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	26.6
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	26.6
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	26.5
Mushrooms, portabella, grilled	1.0 cups sliced	26.5
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	26.3
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	26.3
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw	26.1
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	26.1
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	26.1
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	25.8
Corn grain, white	1.0 cups	25.7
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	25.7
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	25.7
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	25.7
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	25.7
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	25.5
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	25.5
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	24.6
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	24.4
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	24.3
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	24.1
Soup, chicken noodle, dry, mix	1.0 packet	24
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	23.9
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or	23.8
Turkey, ground, fat free, patties, broiled	3.0 oz	23.8
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	23.8
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	23.6
Fish, scup, cooked, dry heat	1.0 fillet	23.4
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	23.4

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	23.3
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	23.2
Cheese, feta	1.0 cups, crumbled	22.5
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	3.0 oz	22.4
Cheese, pasteurized process, swiss	1.0 cups,	22.3
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cups	22.1
Fish, haddock, raw	3.0 oz	22
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	21.9
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	21.8
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	21.8
Cheese substitute, mozzarella	1.0 cups, shredded	21.7
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	21.4
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	21.3
Frankfurter, pork	1.0 link	21.1
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	21
Cheese, ricotta, part skim milk	0.5 cups	20.7
Nuts, butternuts, dried	1.0 cups	20.6
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook)	20.2
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	20
Garlic, raw	1.0 cups	19.3
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	19.3
Cheese, mexican, queso chihuahua	1.0 cups,	19.1
Cheese, provolone	1.0 cups,	19.1
Cheese, muenster	1.0 cups,	19.1
Cheese, mozzarella, whole milk	1.0 cups, shredded	19
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	19
Cornmeal, whole-grain, white	1.0 cups	18.9
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	18.6
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	18.5
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	18.4
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	18.3
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	18.2
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	18.2
Flan, caramel custard, dry mix	1.0 package (3	18.1
Pork, cured, ham, shank, bone-in, separable lean only, unheated	3.0 oz	18

Cream puff, eclair, custard or cream filled, iced	4.0 oz	17.5
Pork, cured, ham, rump, bone-in, separable lean and fat,	3.0 oz	17.5
Pork, cured, ham, shank, bone-in, separable lean and fat,	3.0 oz	17.4
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	17.3
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	17.3
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	17
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	17
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	17
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	16.8
Bread, pan dulce, sweet yeast bread	1.0 slice (average)	16.5
Braunschweiger (a liver sausage), pork	1.0 oz	16.4
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	16.3
Cheese spread, pasteurized process, American	1.0 cups,	15.8
Pork, fresh, variety meats and by-products, brain, cooked,	3.0 oz	15.7
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook)	15.7
Egg, whole, raw, fresh	1.0 large	15.3
Egg, whole, cooked, poached	1.0 large	15.3
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	15.3
Egg, whole, cooked, fried	1.0 large	15.2
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	15.2
Guinea hen, meat only, raw	3.0 oz	14.9
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.0 oz	14.8
Sorghum flour, whole-grain	1.0 cups	14.8
Fish, roe, mixed species, cooked, dry heat	1.0 oz	14.7
Salami, pork, beef, less sodium	3.0 oz	14.6
Fish, burbot, cooked, dry heat	1.0 fillet	14.6
Turkey, white, rotisserie, deli cut	1.0 oz (1	14.4
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less	2.0 oz 1 NLEA serving	14
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	13.9
Fish, pike, northern, cooked, dry heat	3.0 oz	13.8
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	13.7
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	13.6
Bread, stuffing, dry mix	1.0 oz	13.6
Peanuts, all types, dry-roasted, without salt	1.0 cups	13.6
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	13.4
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	13.3

Veal, shank (fore and hind), separable lean and fat, cooked,	3.0 oz	13
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook)	12.7
Egg substitute, powder	0.35 oz	12.6
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	12.5
Sausage, turkey, hot, smoked	2.0 oz	12.4
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	12.1
Cracker, meal	1.0 oz	12
Corn flour, yellow, masa, enriched	1.0 cups	12
Beans, baked, canned, with pork	1.0 cups	11.9
Rice, white, long-grain, regular, cooked, unenriched, with salt	1.0 cups	11.8
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	11.8
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	11.6
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw)	11.5
Chicken, skin (drumsticks and thighs), raw	4.0 oz	11.4
Squab, (pigeon), meat and skin, raw	3.0 oz	11.3
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9"	11.3
Seeds, pumpkin and squash seed kernels, roasted, with salt	1.0 cups	11.1
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.0 oz	11
Cheese, cottage, creamed, large or small curd	4.0 oz	11
Peanuts, valencia, oil-roasted, without salt	1.0 cups	10.8
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	10.7
Fish, mackerel, jack, canned, drained solids	1.0 oz,	10.7
Eggnog	1.0 cups	10.7
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	10.6
Veal, breast, whole, boneless, separable lean only, cooked,	3.0 oz	10.6
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook)	10.5
Fish, herring, Atlantic, raw	1.0 oz,	10.3
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	10.2
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average)	10.1
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average)	10.1
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	10
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	10
Fish, cisco, raw	1.0 fillet	10
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	9.8
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	9.8

Beerwurst, beer salami, pork and beef	2.0 oz	9.7
Beerwurst, pork and beef	1.0 serving 2	9.7
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	9.6
Bread, cheese	1.0 slice	9.5
Soup, pea, green, canned, condensed	0.5 cups	9.5
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3.0 oz	9.3
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	9.3
Bread, protein (includes gluten)	1.0 oz	9.3
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8"	9.3
Sausage, Italian, sweet, links	1.0 link 3 oz	9.1
Focaccia, Italian flatbread, plain	1.0 piece	9.1
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	9
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	9
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	8.9
Bread, white, commercially prepared, toasted	1.0 oz	8.8
Bread, rye	1.0 oz	8.8
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	8.7
Cheese, cottage, creamed, with fruit	4.0 oz	8.7
Bread, reduced-calorie, wheat	1.0 oz	8.6
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	8.6
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw	8.6
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	8.6
Bread, oat bran	1.0 oz	8.5
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	8.5
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl	8.4
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	8.4
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	8.4
Bread, stuffing, cornbread, dry mix	1.0 oz	8.4
Bread, wheat	1.0 slice	8.4
Bread, whole-wheat, commercially prepared	1.0 slice	8.2
Milk, dry, nonfat, regular, without added vitamin A and vitamin	0.25 cups	8.2
Fish, ocean perch, Atlantic, raw	1.0 oz,	8.1
Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cups	8
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	8
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	8

Rice noodles, cooked	1.0 cups	7.9
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	7.8
Soup, cream of chicken, canned, condensed, reduced sodium	0.5 cups	7.8
Milk, dry, nonfat, calcium reduced	1.0 oz	7.7
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	7.7
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10"	7.7
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	7.7
Croissants, cheese	1.0 oz	7.6
Bread, oatmeal, toasted	1.0 oz	7.6
Fish, flatfish (flounder and sole species), raw	1.0 oz,	7.5
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	7.5
Bread, pound cake type, pan de torta salvadoran	1.0 serving	7.4
Soup, beef noodle, canned, condensed	0.5 cups	7.4
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	7.4
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	7.3
Cheese, ricotta, whole milk	0.5 cups	7.3
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	7.3
Bacon and beef sticks	1.0 oz	7.3
Muffins, English, mixed-grain (includes granola)	1.0 oz	7.2
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	7.2
Bread, cracked-wheat	1.0 oz	7.2
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook	7.1
Garlic bread, frozen	1.0 slice presliced	7.1
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	7.1
Salami, Italian, pork	1.0 oz	7.1
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	7.1
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	7
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin	7
Egg, white, raw, fresh	1.0 large	6.6
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	6.6
Candies, confectioner's coating, peanut butter	1.0 cups chips	6.6
Bread, reduced-calorie, oatmeal	1.0 oz	6.5
Frankfurter, meat	1.0 serving (1 hot dog)	6.5
Croissants, butter	1.0 oz	6.4
Keikitos (muffins), Latino bakery item	1.0 piece	6.4

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	6.4
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	6.3
Beans, black, mature seeds, raw	1.0 cups	6.2
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	6.2
Bread, reduced-calorie, white	1.0 oz	6.2
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	6.2
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	6.1
Beans, adzuki, mature seeds, raw	1.0 cups	6.1
Milk, buttermilk, dried	0.25 cups	6.1
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	6
Barbecue loaf, pork, beef	1.0 oz	6
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	5.9
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	5.9
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	5.8
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	5.8
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	5.7
Ham, honey, smoked, cooked	1.0 oz (1	5.7
Milk, canned, condensed, sweetened	1.0 fl oz	5.7
Soup, cream of shrimp, canned, prepared with equal volume	1.0 cups	5.6
Yogurt, plain, low fat	1.0 container (6 oz)	5.6
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	5.6
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	5.5
Asparagus, cooked, boiled, drained	0.5 cups	5.5
Croissants, apple	1.0 oz	5.4
Danish pastry, cheese	1.0 oz	5.4
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	5.3
Croutons, plain	0.5 oz	5.3
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	5.3
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	5.3
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cups	5.3
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	5.2
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	5.2
Soup, chicken with rice, canned, condensed	0.5 cups	5.2
Fish, cisco, smoked	1.0 oz	5.1
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	5

	1.0 unit (yield from 1 lb ready-to-cook)	
Chicken, broilers or fryers, drumstick, meat only, cooked, fried		4.9
Milk, producer, fluid, 3.7% milkfat	1.0 cups	4.9
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	4.8
Danish pastry, cinnamon, enriched	1.0 oz	4.8
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	4.8
Bologna, meat and poultry	1.0 slice	4.8
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	4.8
Cake, coffee cake, cinnamon with crumb topping, dry mix,	1.0 oz	4.7
Noodles, Japanese, somen, dry	2.0 oz	4.7
Pork sausage, link/patty, fully cooked, unheated	1.0 link	4.7
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	4.6
Milk substitutes, fluid, with lauric acid oil	1.0 cups	4.6
Crackers, rye, wafers, seasoned	0.5 oz	4.6
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	4.5
Bread, Irish soda, prepared from recipe	1.0 oz	4.5
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	4.5
Bread, white wheat	1.0 slice	4.5
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	4.5
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	4.4
Broccoli, frozen, chopped, unprepared	1.0 cups	4.4
Soup, onion, canned, condensed	0.5 cups (4 fl	4.3
Milk, sheep, fluid	1.0 cups	4.2
Spices, mustard seed, ground	1.0 tsp	4.2
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	4.1
Asparagus, canned, drained solids	1.0 cups	4.1
Cheese, blue	1.0 oz	4.1
Cheese, Camembert	1.0 oz	4.1
Croutons, seasoned	0.5 oz	4.1
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	4.1
Cake, coffee cake, cream-filled with chocolate frosting	1.0 oz	4.1
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	4.1
Plantains, yellow, raw	1.0 plantain	4
Potatoes, scalloped, home-prepared with butter	1.0 cups	3.9
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	3.9
Egg, whole, cooked, omelet	1.0 tbsp	3.9
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cups	1.0 cups	3.8
Soybeans, green, raw	1.0 cups	3.8

Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	3.8
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	3.7
Yogurt, plain, whole milk	1.0 container (6 oz)	3.7
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	3.7
Soup, cream of mushroom, canned, condensed	0.5 cups	3.7
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding	3.6
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	3.6
Cream, fluid, heavy whipping	1.0 cups,	3.6
Bologna, pork, turkey and beef	1.0 oz	3.5
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	3.5
Crackers, wheat, sandwich, with cheese filling	0.5 oz	3.5
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	3.4
Lima beans, immature seeds, cooked, boiled, drained, without	1.0 cups	3.4
Crackers, wheat, regular	16.0 crackers 1 serving	3.4
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	3.3
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	3.3
Cookies, brownies, prepared from recipe	1.0 oz	3.3
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	3.2
Bologna, pork and turkey, lite	1.0 serving 2	3.1
Beans, black turtle, mature seeds, canned	1.0 cups	3.1
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	3.1
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	3.1
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	3.1
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	3.1
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	3.1
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-	3
Snacks, corn-based, extruded, onion-flavor	1.0 oz	3
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	3
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA)	2.9
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	2.9

Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	2.9
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	2.9
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	2.9
Crackers, rusk toast	0.5 oz	2.9
Spinach, canned, regular pack, solids and liquids	1.0 cups	2.8
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	2.8
Cookies, oatmeal, commercially prepared, regular	1.0 oz	2.8
Cheese, American, nonfat or fat free	1.0 serving	2.8
Nuts, hazelnuts or filberts	1.0 cups,	2.8
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	2.8
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	2.7
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cups	2.7
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	2.7
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.0 oz	2.7
Peas, green, raw	1.0 cups	2.6
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	2.6
Pie, banana cream, prepared from recipe	1.0 oz	2.6
Cake, sponge, commercially prepared	1.0 oz	2.6
Cookies, oatmeal, refrigerated dough	1.0 oz	2.6
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	2.6
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	2.5
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	2.5
POPEYES, biscuit	1.0 biscuit	2.5
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	2.4
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1.0 serving	2.4
Beverages, chocolate powder, no sugar added	2.0 tbsp	2.4
Chocolate, dark, 60-69% cacao solids	1.0 oz	2.4
Gravy, beef, canned, ready-to-serve	1.0 cups	2.3
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.0 oz	2.3
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	2.3
Snacks, potato chips, made from dried potatoes, cheese-flavor	1.0 oz	2.3
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21	2.3
Snacks, potato chips, fat free, salted	1.0 oz	2.3
Snacks, potato sticks	1.0 oz	2.3
Snacks, oriental mix, rice-based	1.0 oz	2.3
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	2.3
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	2.3

Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	2.3
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	2.3
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	2.3
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	2.2
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	2.2
Soup, cream of celery, canned, prepared with equal volume	1.0 cups	2.2
Beans, black turtle, mature seeds, cooked, boiled, without salt	1.0 cups	2.2
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	2.2
Cookies, peanut butter sandwich, regular	1.0 oz	2.2
Parmesan cheese topping, fat free	1.0	2.2
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	2.1
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	2.1
Snacks, tortilla chips, ranch-flavor	1.0 oz	2.1
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz	2
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	2
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	2
Sauce, cheese, ready-to-serve	0.25 cups	2
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups,	2
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	2
Tomato products, canned, sauce, with onions	1.0 cups	2
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	2
Asparagus, canned, regular pack, solids and liquids	0.5 cups	2
Crackers, cheese, regular	0.5 oz	1.9
Syrups, table blends, pancake, with 2% maple, with added potassium	1.0 cups	1.9
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	1.9
Veal, breast, whole, boneless, separable lean and fat, raw	1.0 oz	1.9
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	1.8
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4	1.8
Turnip greens and turnips, frozen, cooked, boiled, drained, with	1.0 cups	1.8
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	1.8
Cookies, peanut butter, commercially prepared, regular	1.0 oz	1.8
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	1.8
Cookies, shortbread, commercially prepared, plain	1.0 oz	1.8
Tomato products, canned, puree, without salt added	1.0 cups	1.8
Tomato products, canned, puree, with salt added	1.0 cups	1.8
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	1.7
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	1.7

Cookies, oatmeal, with raisins	1.0 oz	1.7
Cookies, chocolate chip, refrigerated dough	1.0 serving	1.6
Cookies, chocolate wafers	1.0 oz	1.6
Cookies, molasses	1.0 oz	1.6
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	1.6
Sweet potato, canned, syrup pack, drained solids	1.0 cups	1.6
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	1.6
Veal, breast, separable fat, cooked	1.0 oz	1.6
Crackers, standard snack-type, sandwich, with peanut butter	0.5 oz	1.5
Tomatoes, red, ripe, canned, stewed	1.0 cups	1.5
Celery, cooked, boiled, drained, without salt	1.0 cups,	1.5
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	1.5
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-	1.5
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.0 cups	1.5
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	1.5
Cake, cheesecake, commercially prepared	1.0 oz	1.5
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	1.5
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	1.5
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	1.5
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	1.4
Passion-fruit, (granadilla), purple, raw	1.0 cups	1.4
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	1.4
Brussels sprouts, raw	1.0 cups	1.4
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	1.4
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	1.4
Cookies, sugar wafers with creme filling, regular	3.0 cookies	1.3
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	1.3
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	1.3
Breadfruit, raw	1.0 cups	1.3
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	1.3
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups,	1.3
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.3
Turnip greens, cooked, boiled, drained, without salt	1.0 cups,	1.3
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	1.3
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.0 cups	1.3
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	1.3
Candies, MOUNDS Candy Bar	1.0 bar snack	1.3
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	1.2

Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	1.2
Cheese, cream	1.0 tbsp	1.2
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	1.2
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	1.2
Squash, winter, hubbard, baked, with salt	1.0 cups,	1.2
Tomato juice, canned, without salt added	1.0 cups	1.2
Tomato juice, canned, with salt added	1.0 cups	1.2
Bamboo shoots, raw	1.0 cups (1/2" slices)	1.2
Squash, winter, butternut, frozen, cooked, boiled, without salt	1.0 cups,	1.2
Oranges, raw, with peel	1.0 cups	1.2
Mushrooms, Chanterelle, raw	1.0 cups	1.2
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	1.2
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	1.2
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	1.2
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	1.1
Litchis, raw	1.0 cups	1.1
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	1.1
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	1.1
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	1.1
Soup, chicken broth or bouillon, dry	1.0 cube	1.1
Cranberry sauce, canned, sweetened	1.0 cups	1.1
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	1.1
Taro, tahitian, cooked, without salt	1.0 cups slices	1.1
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5	1.1
Crackers, standard snack-type, regular	5.0 crackers	1.1
Dessert topping, pressurized	1.0 cups	1.1
Cookies, chocolate sandwich, with creme filling, special dietary	1.0 oz	1
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	1
Nuts, coconut cream, canned, sweetened	1.0 tbsp	1
Purslane, cooked, boiled, drained, without salt	1.0 cups	1
Squash, winter, butternut, cooked, baked, without salt	1.0 cups,	1
Boysenberries, canned, heavy syrup	1.0 cups	1
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	1
Peas, edible-podded, frozen, unprepared	1.0 cups	1
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	1
Currants, zante, dried	1.0 cups	1
Spices, ginger, ground	1.0 tsp	1
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	1
Cake, snack cakes, creme-filled, sponge	1.0 oz	1

Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	1
Cookies, peanut butter sandwich, special dietary	1.0 oz	1
Mangos, raw	1.0 cups	1
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	1
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cups,	1
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups,	1
Cream, fluid, half and half	1.0 fl oz	1
Cake, cherry fudge with chocolate frosting	1.0 oz	1
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cups	1
Beets, raw	1.0 cups	1
Frostings, coconut-nut, ready-to-eat	0.08 package	0.9
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	0.9
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.9
Cookies, fig bars	1.0 oz	0.9
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	0.9
Squash, summer, zucchini, italian style, canned	1.0 cups	0.9
Cookies, shortbread, commercially prepared, pecan	1.0 oz	0.9
Gooseberries, raw	1.0 cups	0.9
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	0.9
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups,	0.9
Papayas, raw	1.0 cups 1"	0.9
Cheese, neufchatel	1.0 oz	0.9
Cookies, vanilla sandwich with creme filling	1.0 oz	0.9
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.9
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cups	0.8
Cream, whipped, cream topping, pressurized	1.0 cups	0.8
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	0.8
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	0.8
Spices, curry powder	1.0 tsp	0.8
Onions, raw	1.0 cups,	0.8
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	0.8
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.8
Carambola, (starfruit), raw	1.0 cups,	0.8
Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.8
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	0.8
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.8
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or	0.8

Blackberry juice, canned	1.0 cups	0.8
Pomegranate juice, bottled	1.0 cups	0.7
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	0.7
Onions, sweet, raw	1.0 NLEA	0.7
Applesauce, canned, sweetened, without salt	1.0 cups	0.7
Turnip greens, frozen, unprepared	0.5 cups, chopped or	0.7
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or	0.7
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	0.7
Peas, mature seeds, sprouted, raw	1.0 cups	0.7
Cake, white, dry mix, special dietary (includes lemon-flavored)	1.0 oz	0.7
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups,	0.7
Squash, winter, hubbard, cooked, boiled, mashed, without salt	1.0 cups,	0.7
Drumstick pods, raw	1.0 cups slices	0.7
Radishes, raw	1.0 cups slices	0.7
Peas, edible-podded, raw	1.0 cups,	0.7
Pie, fried pies, fruit	1.0 oz	0.7
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	0.7
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	0.7
Currants, red and white, raw	1.0 cups	0.7
Tree fern, cooked, without salt	0.5 cups,	0.6
Gravy, brown instant, dry	1.0 serving	0.6
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	0.6
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	0.6
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-	1.0 fl oz	0.6
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-	1.0 fl oz	0.6
Blackberries, frozen, unsweetened	1.0 cups, unthawed	0.6
Kale, frozen, unprepared	1.0 cups	0.6
Cream, fluid, light whipping	1.0 cups,	0.6
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	0.6
Beverages, Protein powder soy based	1.0 scoop	0.6
Carrots, canned, regular pack, drained solids	1.0 cups,	0.6
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	0.6
Okra, frozen, unprepared	0.33 package (10 oz)	0.6
Cookies, brownies, dry mix, sugar free	1.0 oz	0.6
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	0.6
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	0.6
Beans, snap, green, frozen, cooked, boiled, drained without salt	1.0 cups	0.5

Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	0.5
Milk shakes, thick chocolate	1.0 fl oz	0.5
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	0.5
Vegetable juice cocktail, canned	1.0 cups	0.5
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	0.5
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	0.5
Beverages, Energy drink, AMP, sugar free	8.0 fl oz	0.5
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	0.5
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	0.5
Mountain yam, hawaii, raw	0.5 cups,	0.5
Blueberries, frozen, sweetened	1.0 cups,	0.5
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	0.5
Cress, garden, raw	1.0 cups	0.5
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	0.4
Cream, sour, cultured	1.0 tbsp	0.4
Chicory roots, raw	1.0 root	0.4
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	1.0 tbsp	0.4
Candies, truffles, prepared-from-recipe	1.0 piece	0.4
Potatoes, baked, skin, without salt	1.0 skin	0.4
Broccoli raab, raw	1.0 cups	0.4
Pie, blueberry, commercially prepared	1.0 oz	0.4
Purslane, raw	1.0 cups	0.4
Nuts, almond butter, plain, with salt added	1.0 tbsp	0.4
Cauliflower, green, raw	1.0 cups	0.4
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	0.4
Onions, frozen, whole, unprepared	0.33 package (10 oz)	0.4
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	0.4
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	0.4
Kiwifruit, green, raw	1.0 cups,	0.4
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	0.4
Cardoon, raw	1.0 cups, shredded	0.4
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	0.3
Beet greens, raw	1.0 cups	0.3
Pie, cherry, commercially prepared	1.0 oz	0.3
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	0.3
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	0.3

Cowpeas, leafy tips, raw	1.0 cups,	0.3
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	0.3
Salad dressing, mayonnaise, regular	1.0 tbsp	0.3
Cream, sour, reduced fat, cultured	1.0 tbsp	0.3
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp	0.3
Spinach, raw	1.0 cups	0.3
Potatoes, flesh and skin, raw	0.5 cups,	0.3
Loganberries, frozen	1.0 cups, unthawed	0.3
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	0.3
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	0.3
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.0 cups,	0.3
Dessert topping, powdered	1.0 oz	0.3
Salad dressing, russian dressing, low calorie	1.0	0.3
Snacks, potato chips, fat-free, made with olestra	1.0 oz	0.3
Pears, dried, sulfured, stewed, without added sugar	1.0 cups,	0.3
Spices, caraway seed	1.0 tsp	0.3
Grapefruit juice, white, canned, sweetened	1.0 cups	0.2
Onions, dehydrated flakes	1.0 tbsp	0.2
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	0.2
Orange juice, chilled, includes from concentrate, with added	1.0 cups	0.2
Figs, canned, water pack, solids and liquids	1.0 cups	0.2
Beets, canned, regular pack, solids and liquids	1.0 cups	0.2
Grapes, canned, thompson seedless, water pack, solids and	1.0 cups	0.2
Lemon juice, raw	1.0 cups	0.2
Lime juice, raw	1.0 cups	0.2
Salad dressing, mayonnaise, imitation, milk cream	1.0	0.2
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	0.2
Beverages, almond milk, sweetened, vanilla flavor, ready-to-	8.0 fl oz	0.2
Salad dressing, sesame seed dressing, regular	1.0	0.2
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	0.2
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	0.2
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with	0.2
Alcoholic beverage, pina colada, canned	1.0 fl oz	0.2
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5"	0.2
Salad dressing, french, home recipe	1.0	0.2
Peppers, pasilla, dried	1.0 pepper	0.2
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.0	0.2
Apricots, canned, heavy syrup, drained	1.0 cups,	0.2
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	0.2
Tangerines, (mandarin oranges), raw	1.0 cups,	0.2
Kale, raw	1.0 cups	0.2
Spices, turmeric, ground	1.0 tsp	0.2

Balsam-pear (bitter gourd), pods, raw	1.0 cups (1/2" pieces)	0.2
Cream substitute, liquid, with lauric acid oil and sodium caseinate	1.0 container, individual	0.2
Kanpyo, (dried gourd strips)	1.0 strip	0.2
Papaya, canned, heavy syrup, drained	1.0 piece	0.2
Nabisco, Nabisco Ritz Crackers	1.0 cracker	0.2
Candies, caramels, chocolate-flavor roll	1.0 piece	0.1
Pears, raw	1.0 cups, slices	0.1
Beverages, Whiskey sour mix, bottled	1.0 fl oz	0.1
Figs, raw	1.0 large (2-1/2" dia)	0.1
Carrots, raw	1.0 cups	0.1
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	0.1
Snacks, potato chips, barbecue-flavor	1.0 oz	0.1
Chicory, witloof, raw	1.0 head	0.1
Spices, anise seed	1.0 tsp, whole	0.1
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	0.1
Grapes, american type (slip skin), raw	1.0 cups	0.1
Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	0.1
Snacks, fruit leather, rolls	1.0 large	0.1
Spices, cinnamon, ground	1.0 tsp	0.1
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.1
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	0.1
Spices, savory, ground	1.0 tsp	0.1
Orange peel, raw	1.0 tbsp	0.1
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.0 tbsp	0.1
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	0.1
Endive, raw	0.5 cups,	0.1
Butter, salted	1.0 pat (1" sq, 1/3" high)	0.1