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Abridged List Ordered by Nutrient Content in Household Measure

Source: USDA National Nutrient Database for Standard Reference Legacy (2018)

Nutrients: **Sodium, Na(mg)**

Description	Measure	Sodium, Na(mg)Per Measure
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	2493
Soup, chicken noodle, dry, mix	1.0 packet	2339
Cheese spread, pasteurized process, American	1.0 cups, diced	2275
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cups	2242
Cheese, pasteurized process, swiss	1.0 cups, diced	1918
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	1860
Cheese, parmesan, grated	1.0 cups	1804
Cheese, feta	1.0 cups, crumbled	1708
Whey, sweet, dried	1.0 cups	1565
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	1531
Gravy, beef, canned, ready-to-serve	1.0 cups	1475
Cheese food, pasteurized process, American, vitamin D	1.0 cups	1451
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	1417
Tomato products, canned, sauce, with onions	1.0 cups	1350
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	1274
Fast foods, biscuit, with egg and bacon	1.0 biscuit	1266
Fish, herring, Atlantic, pickled	1.0 cups	1218
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	1181
George Weston Bakeries, Brownberry Sage and Onion Stuffing Mix, dry	1.0 serving	1126
Fast foods, croissant, with egg, cheese, and ham	1.0 item	1102
Soup, vegetable beef, microwavable, ready-to-serve, single	1.0 serving	1098
Fast Foods, biscuit, with egg and sausage	1.0 item	1089
Noodles, japanese, somen, dry	2.0 oz	1049
Beans, baked, canned, with pork	1.0 cups	1047
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	987
Cheese, provolone	1.0 cups, diced	960
Soup, chicken broth or bouillon, dry	1.0 cube	955
Soup, cream of shrimp, canned, prepared with equal	1.0 cups	954
Beans, black turtle, mature seeds, canned	1.0 cups	922
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	920
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	915

Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	879
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	873
Soup, cream of mushroom, canned, condensed	0.5 cups	871
Soup, pea, green, canned, condensed	0.5 cups	870
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	869
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	867
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	862
Soup, bean with bacon, condensed, single brand	1.0 serving 1/2 cups	860
Squash, summer, zucchini, italian style, canned	1.0 cups	849
Cheese, muenster	1.0 cups, diced	829
Potatoes, scalloped, home-prepared with butter	1.0 cups	821
Soup, beef noodle, canned, condensed	0.5 cups	816
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	815
Cheese, mexican, queso chihuahua	1.0 cups, diced	814
Soup, chicken with rice, canned, condensed	0.5 cups	813
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	794
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	794
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	790
Fast foods, english muffin, with egg, cheese, and canadian	1.0 sandwich	777
Cheese substitute, mozzarella	1.0 cups, shredded	774
Snacks, pork skins, barbecue-flavor	1.0 oz	756
Spinach, canned, regular pack, solids and liquids	1.0 cups	746
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	722
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	722
Pork, cured, ham, shank, bone-in, separable lean only,	3.0 oz	719
Asparagus, canned, drained solids	1.0 cups	695
Pork, cured, ham, shank, bone-in, separable lean and fat,	3.0 oz	694
Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	693
Kielbasa, Polish, turkey and beef, smoked	1.0 serving 2 oz	672
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	664
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	653
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	648
Milk, dry, nonfat, calcium reduced	1.0 oz	646
Soup, beef broth, bouillon, consomme, prepared with equal volume water	1.0 cups (8 fl oz)	636
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	635
Soup, cream of celery, canned, prepared with equal volume	1.0 cups	630
Pork, cured, ham, rump, bone-in, separable lean only,	3.0 oz	626
Salami, pork, beef, less sodium	3.0 oz	623

Frankfurter, pork	1.0 link	620
Tomato juice, canned, with salt added	1.0 cups	615
Pork, cured, ham, rump, bone-in, separable lean and fat,	3.0 oz	614
Rice, white, long-grain, regular, cooked, unenriched, with	1.0 cups	604
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	587
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups, mashed	586
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25%	2.0 oz 1 NLEA serving	580
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	576
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	576
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	573
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	571
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups, mashed	569
Frankfurter, meat	1.0 serving (1 hot dog)	567
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	567
Tomatoes, red, ripe, canned, stewed	1.0 cups	564
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	557
Pillsbury, Buttermilk Biscuits, Artificial Flavor, refrigerated	1.0 biscuit	547
Cheese, mozzarella, whole milk	1.0 cups, shredded	544
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	540
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	539
Martha White Foods, Martha White's Buttermilk Biscuit	1.0 serving	531
Salami, Italian, pork	1.0 oz	529
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	528
Sauce, cheese, ready-to-serve	0.25 cups	522
Sausage, turkey, hot, smoked	2.0 oz	513
Tomato products, canned, puree, with salt added	1.0 cups	505
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	500
Sausage, pork and turkey, pre-cooked	1.0 serving	499
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	499
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	498
Ham, honey, smoked, cooked	1.0 oz (1 serving)	495
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	494
Beerwurst, beer salami, pork and beef	2.0 oz	493
Sausage, Italian, sweet, links	1.0 link 3 oz	479
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	479
Cheese, pasteurized process, American, fortified with	1.0 oz	474
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	461
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	459
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	459
Mission Foods, Mission Flour Tortillas, Soft Taco, 8 inch	1.0 serving	458

Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	457
Bologna, meat and poultry	1.0 slice	455
POPEYES, biscuit	1.0 biscuit	447
Soup, cream of chicken, canned, condensed, reduced	0.5 cups	443
Mollusks, mussel, blue, raw	1.0 cups	429
Vegetable juice cocktail, canned	1.0 cups	428
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	422
Candies, confectioner's coating, peanut butter	1.0 cups chips	420
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	418
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	417
Turnip greens and turnips, frozen, cooked, boiled, drained,	1.0 cups	416
Beerwurst, pork and beef	1.0 serving 2 oz	410
Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	16.0 fl oz	408
Bread, stuffing, cornbread, dry mix	1.0 oz	405
Bologna, pork and turkey, lite	1.0 serving 2 oz	401
Bread, stuffing, dry mix	1.0 oz	398
Bacon and beef sticks	1.0 oz	398
Cheese, cottage, creamed, with fruit	4.0 oz	389
Liverwurst spread	0.25 cups	385
Barbecue loaf, pork, beef	1.0 oz	378
Flan, caramel custard, dry mix	1.0 package (3 oz)	367
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	364
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	361
Bread, cheese	1.0 slice	360
Cheese, cottage, creamed, large or small curd	4.0 oz	356
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	356
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	354
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	353
Beets, canned, regular pack, solids and liquids	1.0 cups	352
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	351
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups, chopped	351
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	348
Asparagus, canned, regular pack, solids and liquids	0.5 cups	346
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	344
Pillsbury, Cinnamon Rolls with Icing, refrigerated dough	1.0 serving 1 roll with icing	343
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	342
Gravy, brown instant, dry	1.0 serving	339
Sausage, turkey, fresh, raw	1.0 serving	338
Fish, tuna, white, canned in oil, drained solids	3.0 oz	337

Beverages, Protein powder soy based	1.0 scoop	330
Cheese, blue	1.0 oz	325
Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	1.0 slice	325
Fish, salmon, pink, canned, drained solids	3.0 oz	324
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	322
Beverages, Whey protein powder isolate	3.0 scoop	320
Focaccia, Italian flatbread, plain	1.0 piece	320
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	307
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	305
Cardoon, raw	1.0 cups, shredded	303
Seeds, pumpkin and squash seed kernels, roasted, with salt	1.0 cups	302
Cream puff, eclair, custard or cream filled, iced	4.0 oz	299
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	299
Bologna, pork, turkey and beef	1.0 oz	299
Pillsbury, Crusty French Loaf, refrigerated dough	1.0 serving	299
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	293
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	284
Noodles, japanese, somen, cooked	1.0 cups	283
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	280
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	280
Braunschweiger (a liver sausage), pork	1.0 oz	277
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	276
Pork, fresh, enhanced, loin, tenderloin, separable lean only,	4.0 oz	275
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	270
Snacks, corn-based, extruded, onion-flavor	1.0 oz	269
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	267
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	266
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	263
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	262
POPEYES, Coleslaw	1.0 package	262
Bologna, chicken, turkey, pork	1.0 serving	258
Syrups, table blends, pancake	1.0 cups	257
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	256
Potatoes, roasted, salt added in processing, frozen,	3.0 oz	253
Cheese, American, nonfat or fat free	1.0 serving	250
Cheese, swiss	1.0 cups, diced	247

Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	246
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	244
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	242
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	241
Cheese, camembert	1.0 oz	239
Crackers, wheat, regular	16.0 crackers 1 serving	238
Continental Mills, Krusteaz Almond Poppyseed Muffin Mix, Artificially Flavored, dry	1.0 serving	236
Artificial Blueberry Muffin Mix, dry	1.0 muffin	236
Garlic bread, frozen	1.0 slice presliced	234
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	233
Keikitos (muffins), Latino bakery item	1.0 piece	216
Bread, pound cake type, pan de torta salvadoran	1.0 serving	214
Cake, angel food, commercially prepared	1.0 piece (1/12 of 12 oz cake)	210
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	209
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	206
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	205
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	204
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	202
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	201
Snacks, tortilla chips, low fat, made with olestra, nacho	1.0 oz	200
Mollusks, octopus, common, raw	3.0 oz	196
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	194
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	194
Crustaceans, spiny lobster, mixed species, cooked, moist	3.0 oz	193
Syrups, table blends, pancake, with 2% maple, with added potassium	1.0 cups	192
Milk substitutes, fluid, with lauric acid oil	1.0 cups	190
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	190
Biscuits, mixed grain, refrigerated dough	1.0 oz	190
Croutons, seasoned	0.5 oz	189
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	189
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	188

Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	187
Pork sausage, link/patty, fully cooked, unheated	1.0 link	186
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	185
Nabisco, Nabisco Grahams Crackers	1.0 serving	185
Snacks, potato chips, fat free, salted	1.0 oz	182
Fish, haddock, raw	3.0 oz	181
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	181
Snacks, potato sticks	1.0 oz	179
Heinz, Weight Watcher, Chocolate Eclair, frozen	1.0 eclair, frozen	177
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	177
Cake, sponge, commercially prepared	1.0 oz	177
Chicken, dark meat, thigh, meat only, with added solution,	4.0 oz	176
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	4.0 oz	175
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	174
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	174
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	172
Bread, rye	1.0 oz	171
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	170
Snacks, potato chips, made from dried potatoes, cheese-	1.0 oz	170
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	170
Archway Home Style Cookies, Iced Molasses	1.0 serving	169
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	165
Cookies, chocolate wafers	1.0 oz	164
Milk, dry, nonfat, regular, without added vitamin A and	0.25 cups	160
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	160
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	160
Snacks, potato chips, fat-free, made with olestra	1.0 oz	157
Milk, buttermilk, dried	0.25 cups	155
Snacks, potato chips, barbecue-flavor	1.0 oz	155
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	153
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	153
Bread, cracked-wheat	1.0 oz	153
Bread, white, commercially prepared, toasted	1.0 oz	152
Mollusks, oyster, eastern, farmed, raw	3.0 oz	151
Beverages, almond milk, sweetened, vanilla flavor, ready-to-	8.0 fl oz	151
Archway Home Style Cookies, Molasses	1.0 serving	150
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	150
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	150

Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)		150
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz		149
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz		149
Egg, whole, cooked, poached	1.0 large		148
Cookies, oatmeal, commercially prepared, regular	1.0 oz		147
Snacks, tortilla chips, ranch-flavor	1.0 oz		147
Bread, whole-wheat, commercially prepared	1.0 slice		146
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups		145
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups		145
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)		144
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz		143
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon		143
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups		143
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies		142
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz		141
Fish, pollock, Alaska, cooked	3.0 oz		141
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie		140
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)		139
Puddings, chocolate, dry mix, regular, prepared with whole	0.5 cups		139
Salad dressing, russian dressing, low calorie	1.0 tablespoon		139
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz		139
Crackers, cheese, regular	0.5 oz		138
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar		138
Bread, oatmeal, toasted	1.0 oz		138
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)		137
Bread, wheat	1.0 slice		137
Eggnog	1.0 cups		137
Celery, cooked, boiled, drained, without salt	1.0 cups, diced		136
Cheese, ricotta, whole milk	0.5 cups		136
Fish, cisco, smoked	1.0 oz		136
Chicken, broilers or fryers, dark meat, meat only, cooked,	1.0 cups		136
Bread, reduced-calorie, white	1.0 oz		136
Bread, white wheat	1.0 slice		134
Cake, snack cakes, creme-filled, sponge	1.0 oz		133
Cookies, peanut butter, commercially prepared, regular	1.0 oz		131
Cookies, molasses	1.0 oz		130
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked,	3.0 oz		128
Martha White Foods, Martha White's Chewy Fudge	1.0 serving		128
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz		128

Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	128
McKee Baking, Little Debbie Nutty Bars, Wafers with Peanut Butter, Chocolate Covered	1.0 serving	127
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	126
Crackers, rye, wafers, seasoned	0.5 oz	126
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	125
Cake, cheesecake, commercially prepared	1.0 oz	124
Pillsbury, Chocolate Chip Cookies, refrigerated dough	1.0 serving 2 cookies	124
Cheese, ricotta, part skim milk	0.5 cups	123
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	122
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	1.0 tbsp	120
Milk, producer, fluid, 3.7% milkfat	1.0 cups	120
Cake, coffeecake, cinnamon with crumb topping, dry mix,	1.0 oz	119
Crackers, wheat, sandwich, with cheese filling	0.5 oz	119
Yogurt, plain, low fat	1.0 container (6 oz)	119
Danish pastry, cheese	1.0 oz	118
Danish pastry, cinnamon, enriched	1.0 oz	117
Snacks, oriental mix, rice-based	1.0 oz	117
Cookies, peanut butter sandwich, special dietary	1.0 oz	117
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	116
Crackers, standard snack-type, regular	5.0 crackers	116
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	115
Bread, protein (includes gluten)	1.0 oz	115
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	115
Crackers, standard snack-type, sandwich, with peanut	0.5 oz	114
Bread, irish soda, prepared from recipe	1.0 oz	113
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	112
Fish, burbot, cooked, dry heat	1.0 fillet	112
Veal, Australian, shank, hind, bone-in, separable lean only,	4.0 oz	111
Keebler, Keebler Chocolate Graham SELECTS	1.0 serving	111
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	110
Cookies, vanilla sandwich with creme filling	1.0 oz	110
Bread, reduced-calorie, oatmeal	1.0 oz	110
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	110
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	110
Cookies, sugar, commercially prepared, regular (includes	1.0 oz	109
Croissants, butter	1.0 oz	109
Milk, sheep, fluid	1.0 cups	108
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	107
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	106
Beets, raw	1.0 cups	106

Cookies, chocolate chip, refrigerated dough	1.0 serving	106
Archway Home Style Cookies, Iced Oatmeal	1.0 serving	106
Candies, TWIZZLERS CHERRY BITES	18.0 pieces	104
Cookies, peanut butter sandwich, regular	1.0 oz	104
Croissants, cheese	1.0 oz	102
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	102
Margarine-like, margarine-butter blend, soybean oil and	1.0 tbsp	101
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	101
Bread, oat bran	1.0 oz	100
Cookies, shortbread, commercially prepared, plain	1.0 oz	100
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	100
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	99
Cookies, fig bars	1.0 oz	99
Croutons, plain	0.5 oz	99
Cookies, brownies, prepared from recipe	1.0 oz	97
Cookies, chocolate sandwich, with creme filling, special	1.0 oz	97
Fish, mahimahi, cooked, dry heat	3.0 oz	96
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	96
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	95
Egg, whole, cooked, fried	1.0 large	95
Cheese, neufchatel	1.0 oz	95
Pie, fried pies, fruit	1.0 oz	94
Bread, reduced-calorie, wheat	1.0 oz	94
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cups	93
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	93
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	93
Salad dressing, french, home recipe	1.0 tablespoon	92
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	92
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	92
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	92
Cookies, oatmeal, with raisins	1.0 oz	91
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	90
Fish, bluefish, cooked, dry heat	1.0 fillet	90
Fish, bluefish, raw	1.0 fillet	90
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	89
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	89
Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	1.0 serving 3.5 fl oz bar	89
Carrots, raw	1.0 cups chopped	88
Salad dressing, mayonnaise, regular	1.0 tbsp	88
Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	1.0 serving 13 pieces	87

Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	87
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	86
Pork, fresh, leg (ham), whole, separable lean only, cooked,	1.0 cups, diced	86
Beet greens, raw	1.0 cups	86
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	86
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cups	85
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	85
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	85
Muffins, English, mixed-grain (includes granola)	1.0 oz	84
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	84
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	84
Archway Home Style Cookies, Raspberry Filled	1.0 serving	84
Cookies, oatmeal, refrigerated dough	1.0 oz	83
Chicken, broilers or fryers, leg, meat and skin, cooked,	3.0 oz	83
Archway Home Style Cookies, Date Filled Oatmeal	1.0 serving	83
Fish, swordfish, cooked, dry heat	3.0 oz	82
Pie, blueberry, commercially prepared	1.0 oz	81
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	81
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	81
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	81
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw meat)	81
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	81
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	81
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat,	4.0 oz	80
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	80
Cookies, shortbread, commercially prepared, pecan	1.0 oz	80
Egg substitute, powder	0.35 oz	79
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	79
Veal, shank (fore and hind), separable lean and fat, cooked,	3.0 oz	79
Salad dressing, mayonnaise, soybean and safflower oil, with	1.0 tablespoon	78
Yogurt, plain, whole milk	1.0 container (6 oz)	78
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	78
Croissants, apple	1.0 oz	78
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	77
Pork, fresh, variety meats and by-products, brain, cooked,	3.0 oz	77
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1.0 serving	77
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	77

Turkey, ground, 93% lean, 7% fat, pan-broiled crbles	3.0 oz	76
Sweet potato, canned, syrup pack, drained solids	1.0 cups	76
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	76
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	76
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	75
Beverages, Energy drink, AMP, sugar free	8.0 fl oz	74
Taro, tahitian, cooked, without salt	1.0 cups slices	74
Cake, white, dry mix, special dietary (includes lemon-	1.0 oz	74
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	73
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	73
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	72
Fish, wolffish, Atlantic, raw	3.0 oz	72
Chicken, broilers or fryers, meat and skin, cooked, fried,	3.0 oz	71
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	71
Pork, ground, 96% lean / 4% fat, cooked, crmbles	3.0 oz grilled patties	71
Beverages, V8 SPLASH Smoothies, Peach Mango	1.0 serving 8 oz	71
Beverages, V8 SPLASH Smoothies, Strawberry Banana	1.0 serving 8 oz	71
Egg, whole, raw, fresh	1.0 large	71
Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	4.0 oz	70
Tomato products, canned, puree, without salt added	1.0 cups	70
Pie, cherry, commercially prepared	1.0 oz	70
Beverages, V8 V-FUSION Juices, Peach Mango	1.0 serving 8 oz	69
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	69
Pie, banana cream, prepared from recipe	1.0 oz	68
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3.0 oz	68
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	67
Snacks, fruit leather, rolls	1.0 large	67
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	66
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	66
Passion-fruit, (granadilla), purple, raw	1.0 cups	66
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.0 bar 1.55 oz	66
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	66
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	65
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	65
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	65
Fish, lingcod, cooked, dry heat	3.0 oz	65

Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	64
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	64
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	64
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	64
Fish, salmon, pink, canned, without salt, solids with bone	3.0 oz	64
	1.0 patty (yield from 112.7 g raw meat)	
Game meat, bison, ground, cooked, pan-broiled		64
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	63
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	63
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	63
Fish, herring, Pacific, raw	3.0 oz	63
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	62
Currants, zante, dried	1.0 cups	62
Olives, ripe, canned (small-extra large)	1.0 tbsp	62
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	61
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	61
Frostings, coconut-nut, ready-to-eat	0.08 package	61
Fish, tilapia, raw	1.0 fillet	60
	1.0 unit (yield from 1 lb ready-to-cook chicken)	
Chicken, broilers or fryers, light meat, meat only, raw		60
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	59
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	59
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	59
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	59
Guinea hen, meat only, raw	3.0 oz	59
Corn grain, white	1.0 cups	58
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	58
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	58
Veal, breast, whole, boneless, separable lean only, cooked,	3.0 oz	58
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	58
Beef, ground, 90% lean meat / 10% fat, patty, cooked,	3.0 oz	58
Chicken, skin (drumsticks and thighs), raw	4.0 oz	58

Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	58
Parmesan cheese topping, fat free	1.0 tablespoon	58
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	57
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	57
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	57
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	57
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	56
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	56
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	56
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	55
Beverages, chocolate powder, no sugar added	2.0 tbsp	55
Egg, white, raw, fresh	1.0 large	55
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	54
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	54
Fish, salmon, chum, cooked, dry heat	3.0 oz	54
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat,	3.0 oz	54
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	54
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	54
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	54
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	53
Mollusks, oyster, Pacific, raw	1.0 medium	53
Dessert topping, powdered, 1.5 ounce prepared with 1/2	1.0 cups	53
Pork, fresh, loin, whole, separable lean and fat, cooked,	3.0 oz	53
Dessert topping, powdered	1.0 oz	52
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	52
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	52
Ice creams, BREYERS, All Natural Light French Chocolate	1.0 serving 1/2 cups	51
Purslane, cooked, boiled, drained, without salt	1.0 cups	51
Fish, mackerel, spanish, raw	3.0 oz	50
Turkey, ground, fat free, patties, broiled	3.0 oz	50

Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz		49
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz		49
Milk, canned, condensed, sweetened	1.0 fl oz		49
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)		48
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz		48
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz		48
Ice creams, BREYERS, All Natural Light Vanilla	1.0 serving 1/2 cups		48
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz		47
Cake, cherry fudge with chocolate frosting	1.0 oz		46
Potatoes, mashed, dehydrated, flakes without milk, dry	1.0 cups		46
Squab, (pigeon), meat and skin, raw	3.0 oz		46
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz		46
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz		46
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw meat)		46
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz		46
Collards, frozen, chopped, unprepared	0.33 package (10 oz)		46
Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	1.0 serving 1/2 cups		46
Cheese, cream	1.0 tbsp		46
Radishes, raw	1.0 cups slices		45
Fish, grouper, mixed species, raw	3.0 oz		45
Fish, grouper, mixed species, cooked, dry heat	3.0 oz		45
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)		45
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz		45
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8"	3.0 oz		44
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)		44
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon		44
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices		44
Fish, cisco, raw	1.0 fillet		43
Dessert topping, pressurized	1.0 cups		43
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)		43

Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	43
Puddings, chocolate, ready-to-eat	1.0 oz	43
Cornmeal, whole-grain, white	1.0 cups	43
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	42
Pork, Leg sirloin tip roast, boneless, separable lean and fat,	3.0 oz	42
Olives, pickled, canned or bottled, green	1.0 olive	42
Drumstick pods, raw	1.0 cups slices	42
	1.0 potato large (3" to 4-1/4" dia.	42
Potatoes, Russet, flesh and skin, baked		
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	42
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	42
Fish, pike, northern, cooked, dry heat	3.0 oz	42
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	42
Cream, fluid, light whipping	1.0 cups, whipped	41
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	40
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	40
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	40
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	40
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	39
Beverages, V8 SPLASH Juice Drinks, Mango Peach	1.0 serving 8 oz	39
Beef, Australian, imported, grass-fed, seam fat, raw	4.0 oz	38
Soybeans, green, raw	1.0 cups	38
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	38
	1.0 unit (yield from 1 lb ready-to-cook chicken)	
Chicken, broilers or fryers, back, meat and skin, raw		38
Broccoli, frozen, chopped, unprepared	1.0 cups	37
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat,	3.0 oz	37
Cookies, sugar wafers with creme filling, regular	3.0 cookies	37
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	37
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	37
Nuts, almond butter, plain, with salt added	1.0 tbsp	36
	1.0 cups spiral shaped	
Macaroni, vegetable, enriched, dry		36
Crackers, rusk toast	0.5 oz	36
Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	1.0 serving 8 oz	36
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	35
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	35
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	35

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	34
Rice noodles, cooked	1.0 cups	33
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	33
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	33
Fish, roe, mixed species, cooked, dry heat	1.0 oz	33
Beverages, Whiskey sour mix, bottled	1.0 fl oz	33
Cream, fluid, heavy whipping	1.0 cups, whipped	32
Butter, salted	1.0 pat (1" sq, 1/3" high)	32
Cereals ready-to-eat, granola, homemade	1.0 cups	32
Milk shakes, thick chocolate	1.0 fl oz	32
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	31
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	31
MORI-NU, Tofu, silken, firm	1.0 slice	30
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	30
Chicory roots, raw	1.0 root	30
Pokeberry shoots, (poke), cooked, boiled, drained, without	1.0 cups	30
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	29
Nabisco, Nabisco Ritz Crackers	1.0 cracker	29
Lima beans, immature seeds, cooked, boiled, drained,	1.0 cups	29
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	28
Candies, MOUNDS Candy Bar	1.0 bar snack size	28
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	27
Fish, scup, cooked, dry heat	1.0 fillet	27
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	27
Fish, herring, Atlantic, raw	1.0 oz, boneless	26
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	26
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	25
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	25
Tomato juice, canned, without salt added	1.0 cups	24
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	24
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
Peas, mature seeds, sprouted, raw	1.0 cups	24
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	24
Spinach, raw	1.0 cups	24
Cookies, brownies, dry mix, sugar free	1.0 oz	24
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	24

Egg, whole, cooked, omelet	1.0 tbsp	23
Alcoholic beverage, pina colada, canned	1.0 fl oz	23
Garlic, raw	1.0 cups	23
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	23
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	23
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	23
Snacks, rice cakes, brown rice, multigrain	1.0 cake	23
Pomegranate juice, bottled	1.0 cups	22
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	22
Brussels sprouts, raw	1.0 cups	22
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	22
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	22
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	21
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	21
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	21
Broccoli, frozen, chopped, cooked, boiled, drained, without	1.0 cups	20
Teff, cooked	1.0 cups	20
Veal, breast, whole, boneless, separable lean and fat, raw	1.0 oz	20
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	20
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	20
Oat flour, partially debranned	1.0 cups	20
Purslane, raw	1.0 cups	19
Noodles, egg, spinach, enriched, cooked	1.0 cups	19
Cream, fluid, half and half	1.0 fl oz	18
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	18
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	18
Candies, YORK BITES	15.0 pieces	18
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	18
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	18
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	18
Cherries, sour, red, canned, light syrup pack, solids and	1.0 cups	18
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	18
Tamarind nectar, canned	1.0 cups	18
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	17
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups, cubes	17
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	17

Beans, pink, mature seeds, raw	1.0 cups	17
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cups	17
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	17
Beverages, The COCA-COLA company, Hi-C Flashin' Fruit	6.0 fl oz	16
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	16
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cups	15
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	15
Snacks, rice cakes, brown rice, corn	1.0 cake	15
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	15
Cauliflower, green, raw	1.0 cups	15
Grapes, canned, thompson seedless, water pack, solids and	1.0 cups	15
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	15
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	14
Veal, breast, separable fat, cooked	1.0 oz	14
Cranberry sauce, canned, sweetened	1.0 cups	14
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	14
Alcoholic beverage, whiskey sour, canned	1.0 fl oz	14
Cream, sour, reduced fat, cultured	1.0 tbsp	13
Mushrooms, portabella, grilled	1.0 cups sliced	13
Broccoli raab, raw	1.0 cups chopped	13
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	13
Rice flour, brown	1.0 cups	13
Asparagus, cooked, boiled, drained	0.5 cups	13
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	13
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	13
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	12
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	12
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	12
Alcoholic beverage, daiquiri, canned	1.0 fl oz	12
Potatoes, baked, skin, without salt	1.0 skin	12
Candies, YORK Peppermint Pattie	1.0 patty 1.5 oz	12
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8"	1.0 oz	12
Cream substitute, liquid, with lauric acid oil and sodium caseinate	1.0 container, individual	12
Onions, sweet, raw	1.0 NLEA serving	12

Squash, winter, hubbard, cooked, boiled, mashed, without	1.0 cups, mashed	12
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat,	1.0 oz	12
Papayas, raw	1.0 cups 1" pieces	12
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	12
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	11
Kale, raw	1.0 cups	11
Seeds, sesame flour, low-fat	1.0 oz	11
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	11
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	11
Plantains, yellow, raw	1.0 plantain	11
Whiskey sour mix, bottled, with added potassium and	1.0 fl oz	11
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	10
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	10
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	10
Apricots, canned, heavy syrup pack, with skin, solids and	1.0 cups, halves	10
Kale, frozen, unprepared	1.0 cups	10
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	10
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	10
Beans, adzuki, mature seeds, raw	1.0 cups	10
Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	10
Beverages, Propel Zero, fruit-flavored, non-carbonated	1.0 fl oz	10
Beans, black, mature seeds, raw	1.0 cups	10
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	10
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	10
Baking chocolate, MARS SNACKFOOD US, M & M's Milk Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	10
Onions, frozen, whole, unprepared	0.33 package (10 oz)	10
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	9
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	9
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	9
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	9
Mountain yam, hawaii, raw	0.5 cups, cubes	9
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	9
Peanuts, all types, dry-roasted, without salt	1.0 cups	9
Apricots, canned, heavy syrup, drained	1.0 cups, halves	9
Peanuts, valencia, oil-roasted, without salt	1.0 cups	9
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	8
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	8
Candies, truffles, prepared-from-recipe	1.0 piece	8

Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	8
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	8
Noodles, egg, dry, unenriched	1.0 cups	8
Infant formula, GERBER, GOOD START 2 Soy, with iron,	1.0 fl oz	8
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	8
Boysenberries, canned, heavy syrup	1.0 cups	8
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	8
Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	7
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cups, mashed	7
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cups	7
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	7
Peas, green, raw	1.0 cups	7
Edamame, frozen, unprepared	1.0 cups	7
Cress, garden, raw	1.0 cups	7
Nuts, coconut cream, canned, sweetened	1.0 tbsp	7
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	7
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	7
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	7
Onions, raw	1.0 cups, chopped	6
Peppers, pasilla, dried	1.0 pepper	6
Beverages, carbonated, club soda	1.0 fl oz	6
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	6
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	6
Bamboo shoots, raw	1.0 cups (1/2" slices)	6
Barley flour or meal	1.0 cups	6
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	6
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	6
Peas, edible-podded, frozen, unprepared	1.0 cups	6
Corn flour, yellow, masa, enriched	1.0 cups	6
Beans, black turtle, mature seeds, cooked, boiled, without	1.0 cups	6
Endive, raw	0.5 cups, chopped	6
Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	1.0 serving 1.75 fl oz pop	6
Infant Formula, GERBER GOOD START 2, GENTLE PLUS,	1.0 fl oz	5
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	5
Pasta, dry, unenriched	1.0 cups spaghetti	5
Pasta, dry, enriched	1.0 cups spaghetti	5

Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	5
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	5
Kiwifruit, green, raw	1.0 cups, sliced	5
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	5
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	5
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	5
Grapefruit juice, white, canned, sweetened	1.0 cups	5
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	5
Orange juice, chilled, includes from concentrate, with	1.0 cups	5
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	5
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cups	5
Applesauce, canned, sweetened, without salt	1.0 cups	5
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	5
Cereals, WHEATENA, cooked with water	1.0 cups	5
Mushrooms, Chanterelle, raw	1.0 cups	5
Lime juice, raw	1.0 cups	5
Squash, winter, butternut, frozen, cooked, boiled, without	1.0 cups, mashed	5
Cream, whipped, cream topping, pressurized	1.0 cups	5
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	5
Balsam-pear (bitter gourd), pods, raw	1.0 cups (1/2" pieces)	5
Rowal, raw	0.5 cups	5
Cracker, meal	1.0 oz	5
Potatoes, flesh and skin, raw	0.5 cups, diced	4
Carissa, (natal-plum), raw	1.0 cups slices	4
Breadfruit, raw	1.0 cups	4
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	4
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	4
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	4
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	4
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cups	4
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	4
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	4
Peas, edible-podded, raw	1.0 cups, chopped	4
Tangerines, (mandarin oranges), raw	1.0 cups, sections	4
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	4
Cream, sour, cultured	1.0 tbsp	4
Sorghum flour, whole-grain	1.0 cups	4
Tree fern, cooked, without salt	0.5 cups, chopped	4

Papaya, canned, heavy syrup, drained	1.0 piece	4
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	4
Oranges, raw, with peel	1.0 cups	3
Blueberries, wild, canned, heavy syrup, drained	1.0 cups	3
Candies, caramels, chocolate-flavor roll	1.0 piece	3
	0.33 package (10 oz)	3
Okra, frozen, unprepared	1.0 oz	3
Chocolate, dark, 60-69% cacao solids	0.5 cups (1 NLEA serving)	3
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	1.0 fl oz	3
Plantains, yellow, baked	1.0 cups	3
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	3
Wheat flour, white, bread, enriched	1.0 cups	3
	0.25 cups (1 NLEA serving)	3
Cereals, CREAM OF RICE, dry	1.0 cups, cubes	3
Carambola, (starfruit), raw	1.0 cups, chopped	3
Cowpeas, leafy tips, raw	1.0 cups	3
Wheat flour, white, all-purpose, unenriched	1.0 cups	2
Wheat flour, white, all-purpose, enriched, calcium-fortified	1.0 cups	2
Blackberry juice, canned	1.0 cups	2
Figs, canned, water pack, solids and liquids	1.0 cups	2
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	2
Lemon juice, raw	1.0 cups	2
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	1.0 fl oz	2
Blueberries, frozen, sweetened	1.0 cups, thawed	2
Currants, european black, raw	1.0 cups	2
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	2
Litchis, raw	1.0 cups	2
Grapes, american type (slip skin), raw	1.0 cups	2
Onions, frozen, chopped, cooked, boiled, drained, without	1.0 tbsp chopped	2
Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	1.0 fl oz	2
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	2
	1.0 fruit (2-1/2" dia)	2
Persimmons, japanese, raw	1.0 cups pieces	2
Mangos, raw	1.0 cups	2
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	2
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	2
Seeds, lotus seeds, dried	1.0 cups	2
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	2
Blackberries, frozen, unsweetened	1.0 cups, unthawed	2

Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	2
Gooseberries, raw	1.0 cups	2
Loganberries, frozen	1.0 cups, unthawed	1
Alcoholic beverage, wine, table, white	1.0 fl oz	1
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	1
Sweeteners, for baking, brown, contains sugar and	1.0 tbsp	1
Pears, raw	1.0 cups, slices	1
Spices, mace, ground	1.0 tsp	1
Beans, snap, green, frozen, cooked, boiled, drained without	1.0 cups	1
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	1
Nuts, butternuts, dried	1.0 cups	1
Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	1.0 fl oz	1
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	1
Currants, red and white, raw	1.0 cups	1
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	1
Chicory, witloof, raw	1.0 head	1
Onions, dehydrated flakes	1.0 tbsp	1
Spices, curry powder	1.0 tsp	1
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	1
Kanpyo, (dried gourd strips)	1.0 strip	1
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	1
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	1
Alcoholic beverage, beer, light, BUD LIGHT	1.0 fl oz	1
Seeds, safflower seed meal, partially defatted	1.0 oz	1
Longans, dried	1.0 fruit	1
Spices, turmeric, ground	1.0 tsp	1
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	1
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	1
Figs, raw	1.0 large (2-1/2" dia)	1
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	1
Dill weed, fresh	5.0 sprigs	1
Nuts, coconut cream, raw (liquid expressed from grated)	1.0 tbsp	1
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	1
Spices, thyme, dried	1.0 tsp, leaves	1
Arugula, raw	1.0 leaf	1
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	1