



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

Description	Measure	Zinc, Zn(mg)Per Measure
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	74.06
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	66.81
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	51.88
Mollusks, oyster, eastern, farmed, raw	3.0 oz	32.23
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	10.16
Beans, adzuki, mature seeds, raw	1.0 cups	9.93
Seeds, pumpkin and squash seed kernels, roasted, with	1.0 cups	9.02
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	8.92
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	8.89
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	8.81
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	8.5
Mollusks, oyster, Pacific, raw	1.0 medium	8.31
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	7.58
Beverages, Whey protein powder isolate	3.0 scoop	7.5
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving ( 3 oz )	7.34
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	7.1
Beans, black, mature seeds, raw	1.0 cups	7.08
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	7.03
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	6.94
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	6.89
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	6.81
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	6.74
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	6.41
Game meat, elk, ground, cooked, pan-broiled	1.0 patty ( yield from 104.1 g raw meat )	6.23

Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	6.18
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	5.93
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	5.92
Cheese, swiss	1.0 cups, diced	5.77
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	5.64
Veal, shank (fore and hind), separable lean and fat, cooked, braised	3.0 oz	5.64
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	5.57
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	5.49
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	5.41
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	5.37
Beans, pink, mature seeds, raw	1.0 cups	5.36
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	5.17
Cereals ready-to-eat, granola, homemade	1.0 cups	5.09
Cheese, pasteurized process, swiss	1.0 cups, diced	5.05
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	5.01
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	4.89
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	4.86
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	4.8
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving ( 3 oz )	4.79
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	4.78
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	4.67
Cheese, mexican, queso chihuahua	1.0 cups, diced	4.62
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	4.58
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	4.57
Game meat, bison, ground, cooked, pan-broiled	1.0 patty ( yield from 112.7 g raw meat )	4.47

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	4.44
Peanuts, valencia, oil-roasted, without salt	1.0 cups	4.44
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	4.43
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	4.41
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cups, diced	4.4
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3.0 oz	4.37
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	4.35
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	4.34
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	4.33
Cheese, feta	1.0 cups, crumbled	4.32
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	4.31
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	4.3
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	4.27
Cheese, provolone	1.0 cups, diced	4.26
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	4.26
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	4.26
Cheese, parmesan, grated	1.0 cups	4.2
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	4.19
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	4.18
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	4.13
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	4.13
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	4.13

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	4.11
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	4.11
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	4.09
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	4.08
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cups	4.07
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	4.05
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	4.05
Peanuts, all types, dry-roasted, without salt	1.0 cups	4.04
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	4.02
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	3.9
Rice flour, brown	1.0 cups	3.87
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	3.82
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3.0 oz	3.81
Nuts, butternuts, dried	1.0 cups	3.76
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	3.75
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	3.75
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	3.75
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak ( yield from 134.9 g raw meat )	3.74
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	3.71
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	3.71
Cheese, muenster	1.0 cups, diced	3.71
Beans, baked, canned, with pork	1.0 cups	3.69
Corn grain, white	1.0 cups	3.67
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	3.63
Cheese spread, pasteurized process, American	1.0 cups, diced	3.63

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	3.6
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	3.58
Veal, breast, whole, boneless, separable lean only, cooked, braised	3.0 oz	3.56
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	3.37
Candies, confectioner's coating, peanut butter	1.0 cups chips	3.36
Oat flour, partially debranned	1.0 cups	3.33
Cheese, mozzarella, whole milk	1.0 cups, shredded	3.27
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	3.22
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	3.2
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4.0 oz	3.2
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	3.17
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	3.12
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.0 oz	3.12
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	3.09
Salami, pork, beef, less sodium	3.0 oz	3.08
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	3.08
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	3.05
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	2.99
Beverages, Protein powder soy based	1.0 scoop	2.97
Barley flour or meal	1.0 cups	2.96
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	2.9
Milk substitutes, fluid, with lauric acid oil	1.0 cups	2.88
Whey, sweet, dried	1.0 cups	2.86
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	2.85
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	2.85
Seeds, sesame flour, low-fat	1.0 oz	2.83
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	2.83
Nuts, hazelnuts or filberts	1.0 cups, chopped	2.82
Teff, cooked	1.0 cups	2.8

Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	2.7
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	2.63
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cups	2.61
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	2.61
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.0 oz	2.55
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	2.55
Soybeans, green, raw	1.0 cups	2.53
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.0 oz	2.49
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.49
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	2.43
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	2.41
Mollusks, mussel, blue, raw	1.0 cups	2.4
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cups	2.36
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	2.35
Gravy, beef, canned, ready-to-serve	1.0 cups	2.33
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	2.25
Cornmeal, whole-grain, white	1.0 cups	2.22
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	2.22
Fast foods, croissant, with egg, cheese, and ham	1.0 item	2.22
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	2.18
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	2.18
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	2.18
Cheese substitute, mozzarella	1.0 cups, shredded	2.17
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	2.14
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	2.12
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	2.09

Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	2.08
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	2.06
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	2.06
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	2.06
Corn flour, yellow, masa, enriched	1.0 cups	2.05
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	2.05
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	2.03
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	2.02
Pork, cured, ham, shank, bone-in, separable lean only, unheated	3.0 oz	1.99
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	1.98
Sorghum flour, whole-grain	1.0 cups	1.97
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	1.97
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	1.96
Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.0 oz	1.95
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	1.95
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	1.94
Squab, (pigeon), meat and skin, raw	3.0 oz	1.87
Turkey, ground, fat free, patties, broiled	3.0 oz	1.86
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	3.0 oz	1.85
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	1.84
Peas, green, raw	1.0 cups	1.8
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	1.79
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	1.77
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	1.76
Sausage, turkey, fresh, raw	1.0 serving	1.74
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	3.0 oz	1.74
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	1.73
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	1.73
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	1.73

Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.72
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	1.7
Cereals, WHEATENA, cooked with water	1.0 cups	1.68
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.67
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	1.67
Soup, pea, green, canned, condensed	0.5 cups	1.66
Cheese, ricotta, part skim milk	0.5 cups	1.66
Bamboo shoots, raw	1.0 cups (1/2" slices)	1.66
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	1.64
Fast foods, biscuit, with egg and bacon	1.0 biscuit	1.64
Fast foods, english muffin, with egg, cheese, and canadian bacon	1.0 sandwich	1.63
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	1.62
Frankfurter, pork	1.0 link	1.59
Garlic, raw	1.0 cups	1.58
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	1.56
Edamame, frozen, unprepared	1.0 cups	1.56
Soup, beef noodle, canned, condensed	0.5 cups	1.54
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	1.53
Yogurt, plain, low fat	1.0 container (6 oz)	1.51
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	1.51
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	8.0 fl oz	1.51
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	1.51
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	1.5
Beverages, chocolate powder, no sugar added	2.0 tbsp	1.5
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	1.49
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.48
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	1.48
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	1.46
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	1.46
Fast Foods, biscuit, with egg and sausage	1.0 item	1.46



Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	1.45
Mollusks, octopus, common, raw	3.0 oz	1.43
Seeds, safflower seed meal, partially defatted	1.0 oz	1.42
Beans, black turtle, mature seeds, cooked, boiled, without salt	1.0 cups	1.41
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	1.4
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	1.39
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	1.39
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	1.38
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	1.36
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	1.34
Milk, sheep, fluid	1.0 cups	1.32
Beans, black turtle, mature seeds, canned	1.0 cups	1.3
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	1.29
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	1.28
Pasta, dry, enriched	1.0 cups spaghetti	1.28
Pasta, dry, unenriched	1.0 cups spaghetti	1.28
Sausage, Italian, sweet, links	1.0 link 3 oz	1.28
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.28
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	1.27
Liverwurst spread	0.25 cups	1.26
Peas, mature seeds, sprouted, raw	1.0 cups	1.26
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	1.26
Pork, fresh, variety meats and by-products, brain, cooked, braised	3.0 oz	1.26
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	1.25
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	1.25
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	1.24
Beerwurst, pork and beef	1.0 serving 2 oz	1.24
Beerwurst, beer salami, pork and beef	2.0 oz	1.24
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.25 cups	1.22

Soup, chicken noodle, dry, mix	1.0 packet	1.22
Fish, bluefish, cooked, dry heat	1.0 fillet	1.22
Fish, bluefish, raw	1.0 fillet	1.22
Milk, buttermilk, dried	0.25 cups	1.21
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.2
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.19
Sausage, turkey, hot, smoked	2.0 oz	1.19
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cups	1.19
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	2.0 oz 1 NLEA serving	1.19
Salami, Italian, pork	1.0 oz	1.18
Eggnog	1.0 cups	1.17
Wheat flour, white, bread, enriched	1.0 cups	1.16
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	1.16
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	1.16
Milk, dry, nonfat, calcium reduced	1.0 oz	1.14
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	1.14
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	1.14
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	1.13
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	1.11
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	1.11
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	1.11
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	1.05
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.)	1.05
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	1.04
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	1.04
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	1.03
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	1.03

Blackberry juice, canned	1.0 cups	1.02
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	1.02
Guinea hen, meat only, raw	3.0 oz	1.02
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	1.01
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	1.01
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	1.01
Noodles, egg, spinach, enriched, cooked	1.0 cups	1.01
Yogurt, plain, whole milk	1.0 container (6 oz)	1
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	1
Snacks, potato chips, fat-free, made with olestra	1.0 oz	0.99
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.99
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	0.99
Spinach, canned, regular pack, solids and liquids	1.0 cups	0.98
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	0.98
Potatoes, scalloped, home-prepared with butter	1.0 cups	0.98
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	0.98
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	0.98
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	0.97
Asparagus, canned, drained solids	1.0 cups	0.97
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	0.97
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.0 oz	0.96
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	0.96
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.96
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	0.95
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.94
Milk, producer, fluid, 3.7% milkfat	1.0 cups	0.93
Bacon and beef sticks	1.0 oz	0.9
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	0.9
Tomato products, canned, puree, with salt added	1.0 cups	0.9

Tomato products, canned, puree, without salt added	1.0 cups	0.9
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	0.89
Wheat flour, white, all-purpose, unenriched	1.0 cups	0.88
Wheat flour, white, all-purpose, enriched, calcium-fortified	1.0 cups	0.88
Fish, burbot, cooked, dry heat	1.0 fillet	0.87
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	0.87
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	0.86
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.85
Beets, canned, regular pack, solids and liquids	1.0 cups	0.84
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.82
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	0.82
Fish, salmon, pink, canned, drained solids	3.0 oz	0.82
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.81
Braunschweiger (a liver sausage), pork	1.0 oz	0.8
Mushrooms, portabella, grilled	1.0 cups sliced	0.79
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cups	0.78
Fish, salmon, pink, canned, without salt, solids with bone and liquid	3.0 oz	0.78
Rice, white, medium-grain, cooked, unenriched	1.0 cups	0.78
Cheese, American, nonfat or fat free	1.0 serving	0.78
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	0.77
Rice, white, long-grain, regular, cooked, unenriched, with salt	1.0 cups	0.77
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	0.77
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.77
Sausage, pork and turkey, pre-cooked	1.0 serving	0.76
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.76
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.76
Focaccia, Italian flatbread, plain	1.0 piece	0.76
Snacks, oriental mix, rice-based	1.0 oz	0.75
Cheese, blue	1.0 oz	0.75

Nuts, chestnuts, european, raw, unpeeled	1.0 cups	0.75
Chocolate, dark, 60-69% cacao solids	1.0 oz	0.75
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	0.75
Broccoli, frozen, chopped, unprepared	1.0 cups	0.75
Balsam-pear (bitter gourd), pods, raw	1.0 cups (1/2" pieces)	0.74
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.74
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	0.74
Fish, herring, Atlantic, pickled	1.0 cups	0.74
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	0.74
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	0.74
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	0.74
Chicken, skin (drumsticks and thighs), raw	4.0 oz	0.73
Soup, cream of shrimp, canned, prepared with equal volume water	1.0 cups	0.73
Fish, pike, northern, cooked, dry heat	3.0 oz	0.73
Noodles, egg, dry, unenriched	1.0 cups	0.73
Syrups, table blends, pancake, with 2% maple, with added potassium	1.0 cups	0.72
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	0.72
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	0.72
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	0.72
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	0.71
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	0.7
Barbecue loaf, pork, beef	1.0 oz	0.7
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	0.69
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cups	0.68
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	0.68
Cheese, camembert	1.0 oz	0.67
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	0.67
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cups	0.66
Fish, wolffish, Atlantic, raw	3.0 oz	0.66
Fish, swordfish, cooked, dry heat	3.0 oz	0.66
Veal, breast, whole, boneless, separable lean and fat, raw	1.0 oz	0.66

Cheese, ricotta, whole milk	0.5 cups	0.66
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	0.66
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	0.65
Egg, whole, cooked, poached	1.0 large	0.65
Egg, whole, raw, fresh	1.0 large	0.65
Egg, whole, cooked, fried	1.0 large	0.64
Macaroni, vegetable, enriched, dry	1.0 cups spiral shaped	0.64
Bologna, pork, turkey and beef	1.0 oz	0.63
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	0.63
Frankfurter, meat	1.0 serving (1 hot dog)	0.62
Sauce, cheese, ready-to-serve	0.25 cups	0.62
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	0.61
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	0.6
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.0 cups	0.6
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	0.6
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	0.6
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	0.59
Peas, edible-podded, frozen, unprepared	1.0 cups	0.59
Squash, summer, zucchini, italian style, canned	1.0 cups	0.59
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	0.59
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	0.58
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	0.58
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	0.58
Asparagus, canned, regular pack, solids and liquids	0.5 cups	0.57
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	0.57
Bread, whole-wheat, commercially prepared	1.0 slice	0.57
Tomato products, canned, sauce, with onions	1.0 cups	0.56
Crackers, wheat, regular	16.0 crackers 1 serving	0.56
Nabisco, Nabisco Grahams Crackers	1.0 serving	0.54
Asparagus, cooked, boiled, drained	0.5 cups	0.54
Currants, zante, dried	1.0 cups	0.53
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	0.53

Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	0.53
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	0.53
Nuts, almond butter, plain, with salt added	1.0 tbsp	0.53
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	0.53
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	0.52
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cups	0.52
Bread, protein (includes gluten)	1.0 oz	0.52
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.0 cups	0.52
Plantains, yellow, raw	1.0 plantain	0.51
MORI-NU, Tofu, silken, firm	1.0 slice	0.51
Fish, salmon, chum, cooked, dry heat	3.0 oz	0.51
Cream puff, eclair, custard or cream filled, iced	4.0 oz	0.51
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	0.5
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	0.5
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	0.5
Okra, frozen, unprepared	0.33 package (10 oz)	0.5
Fish, mahimahi, cooked, dry heat	3.0 oz	0.5
Ham, honey, smoked, cooked	1.0 oz (1 serving)	0.5
Loganberries, frozen	1.0 cups, unthawed	0.5
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	0.5
Fish, lingcod, cooked, dry heat	3.0 oz	0.49
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	0.49
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	0.49
Rowal, raw	0.5 cups	0.49
Boysenberries, canned, heavy syrup	1.0 cups	0.49
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	0.49
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.48
Beets, raw	1.0 cups	0.48
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	0.47
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups, cubes	0.46
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	0.46

Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.46
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	0.46
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	0.46
Bread, cheese	1.0 slice	0.46
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	0.46
Cheese, cottage, creamed, large or small curd	4.0 oz	0.45
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	0.45
Fish, herring, Pacific, raw	3.0 oz	0.45
Drumstick pods, raw	1.0 cups slices	0.45
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	0.44
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	0.44
Rice noodles, cooked	1.0 cups	0.44
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	0.44
Tomatoes, red, ripe, canned, stewed	1.0 cups	0.43
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	0.43
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	0.43
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	0.43
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	0.42
Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cups	0.42
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	0.42
Fish, mackerel, spanish, raw	3.0 oz	0.42
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	0.41
Cauliflower, green, raw	1.0 cups	0.41
Bologna, pork and turkey, lite	1.0 serving 2 oz	0.41
Fish, grouper, mixed species, raw	3.0 oz	0.41
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	0.41
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	0.41
Snacks, tortilla chips, ranch-flavor	1.0 oz	0.41
Fish, tuna, white, canned in oil, drained solids	3.0 oz	0.4
Muffins, English, mixed-grain (includes granola)	1.0 oz	0.39
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	0.39
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	0.39
Noodles, japanese, somen, cooked	1.0 cups	0.39



Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	0.38
Mushrooms, Chanterelle, raw	1.0 cups	0.38
Blueberries, wild, canned, heavy syrup, drained	1.0 cups	0.38
Fish, tilapia, raw	1.0 fillet	0.38
Bread, reduced-calorie, wheat	1.0 oz	0.38
Bread, reduced-calorie, white	1.0 oz	0.38
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	0.38
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	0.38
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	0.38
Blackberries, frozen, unsweetened	1.0 cups, unthawed	0.38
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	0.37
Garlic bread, frozen	1.0 slice presliced	0.37
Fish, pollock, Alaska, cooked	3.0 oz	0.37
Cheese, cottage, creamed, with fruit	4.0 oz	0.37
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	0.37
Brussels sprouts, raw	1.0 cups	0.37
Kanpyo, (dried gourd strips)	1.0 strip	0.37
Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	1.0 serving	0.37
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	0.36
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	0.36
Fish, roe, mixed species, cooked, dry heat	1.0 oz	0.36
Crackers, rye, wafers, seasoned	0.5 oz	0.36
Soup, beef broth, bouillon, consomme, prepared with equal volume water	1.0 cups (8 fl oz)	0.36
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	0.36
Milk, canned, condensed, sweetened	1.0 fl oz	0.36
Bologna, chicken, turkey, pork	1.0 serving	0.36
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	0.36
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	0.36
Bread, cracked-wheat	1.0 oz	0.35
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.35
Bologna, meat and poultry	1.0 slice	0.35
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	0.35
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	0.34
Bread, pound cake type, pan de torta salvadoran	1.0 serving	0.34
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	0.34

Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	0.34
Seeds, lotus seeds, dried	1.0 cups	0.34
Pork sausage, link/patty, fully cooked, unheated	1.0 link	0.33
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.33
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	0.33
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.33
Radishes, raw	1.0 cups slices	0.32
Beans, snap, green, frozen, cooked, boiled, drained without salt	1.0 cups	0.32
Bread, rye	1.0 oz	0.32
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	0.32
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	0.32
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	0.32
Bread, oatmeal, toasted	1.0 oz	0.31
Sweet potato, canned, syrup pack, drained solids	1.0 cups	0.31
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.0 cups	0.31
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	0.31
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	0.31
Fish, scup, cooked, dry heat	1.0 fillet	0.31
Cookies, chocolate wafers	1.0 oz	0.31
Broccoli raab, raw	1.0 cups chopped	0.31
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	0.31
Carrots, raw	1.0 cups chopped	0.31
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	0.31
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	0.3
Vegetable juice cocktail, canned	1.0 cups	0.3
Cardoon, raw	1.0 cups, shredded	0.3
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	0.3
Currants, european black, raw	1.0 cups	0.3
Bread, wheat	1.0 slice	0.3
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	0.3
Cookies, peanut butter sandwich, regular	1.0 oz	0.3
Cream, fluid, light whipping	1.0 cups, whipped	0.3
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	0.3

Bread, french or vienna, toasted (includes sourdough)	1.0 oz	0.3
Figs, canned, water pack, solids and liquids	1.0 cups	0.3
POPEYES, biscuit	1.0 biscuit	0.29
Fish, cisco, raw	1.0 fillet	0.29
Cookies, peanut butter sandwich, special dietary	1.0 oz	0.29
Croissants, apple	1.0 oz	0.29
Plantains, yellow, baked	1.0 cups	0.29
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	0.29
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	0.29
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	0.29
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	0.29
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	0.29
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	0.29
Squash, winter, butternut, frozen, cooked, boiled, without salt	1.0 cups, mashed	0.29
Cream, fluid, heavy whipping	1.0 cups, whipped	0.29
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	0.29
Potatoes, baked, skin, without salt	1.0 skin	0.28
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.0 cups, halves	0.28
Snacks, potato sticks	1.0 oz	0.28
Fish, herring, Atlantic, raw	1.0 oz, boneless	0.28
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	0.28
Snacks, potato chips, barbecue-flavor	1.0 oz	0.28
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.28
Cookies, brownies, prepared from recipe	1.0 oz	0.27
Onions, raw	1.0 cups, chopped	0.27
Fish, haddock, raw	3.0 oz	0.27
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cups, mashed	0.27
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups, mashed	0.27
Tomato juice, canned, with salt added	1.0 cups	0.27
Tomato juice, canned, without salt added	1.0 cups	0.27
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	0.27

Croissants, cheese	1.0 oz	0.27
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	0.27
Bread, white wheat	1.0 slice	0.27
Peas, edible-podded, raw	1.0 cups, chopped	0.26
Breadfruit, raw	1.0 cups	0.26
Bread, stuffing, dry mix	1.0 oz	0.26
Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	1.0 serving 1.75 fl oz pop	0.26
Currants, red and white, raw	1.0 cups	0.26
Noodles, japanese, somen, dry	2.0 oz	0.26
Bread, oat bran	1.0 oz	0.25
Kiwifruit, green, raw	1.0 cups, sliced	0.25
Syrups, table blends, pancake	1.0 cups	0.25
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	0.25
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	0.25
Cookies, peanut butter, commercially prepared, regular	1.0 oz	0.24
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	0.24
Apricots, canned, heavy syrup, drained	1.0 cups, halves	0.24
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	0.24
Squash, winter, hubbard, cooked, boiled, mashed, without salt	1.0 cups, mashed	0.24
Passion-fruit, (granadilla), purple, raw	1.0 cups	0.24
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups, mashed	0.24
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	0.24
Bread, reduced-calorie, oatmeal	1.0 oz	0.24
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	0.23
Cheese, neufchatel	1.0 oz	0.23
Snacks, rice cakes, brown rice, multigrain	1.0 cake	0.23
Soup, chicken with rice, canned, condensed	0.5 cups	0.23
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	0.23
Potatoes, flesh and skin, raw	0.5 cups, diced	0.23
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	0.23
Pomegranate juice, bottled	1.0 cups	0.22
Cookies, oatmeal, commercially prepared, regular	1.0 oz	0.22
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	0.22
Cream, whipped, cream topping, pressurized	1.0 cups	0.22
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	0.22

Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	0.22
Tree fern, cooked, without salt	0.5 cups, chopped	0.22
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	0.22
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	0.22
Keikitos (muffins), Latino bakery item	1.0 piece	0.22
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cups milk	1.0 cups	0.22
Veal, breast, separable fat, cooked	1.0 oz	0.22
Bread, stuffing, cornbread, dry mix	1.0 oz	0.21
Croissants, butter	1.0 oz	0.21
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	0.21
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	0.21
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	0.21
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	0.21
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	0.21
Snacks, potato chips, fat free, salted	1.0 oz	0.21
Candies, MOUNDS Candy Bar	1.0 bar snack size	0.21
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	0.2
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	0.2
Danish pastry, cinnamon, enriched	1.0 oz	0.2
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	0.2
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	0.2
Snacks, pork skins, barbecue-flavor	1.0 oz	0.2
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	0.2
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	0.2
Snacks, rice cakes, brown rice, corn	1.0 cake	0.2
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	0.2
Danish pastry, cheese	1.0 oz	0.2
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	0.2
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	0.2
Chicory roots, raw	1.0 root	0.2
Endive, raw	0.5 cups, chopped	0.2

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cups	0.2
Cracker, meal	1.0 oz	0.2
Purslane, cooked, boiled, drained, without salt	1.0 cups	0.2
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	0.19
Lime juice, raw	1.0 cups	0.19
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	0.19
Bread, white, commercially prepared, toasted	1.0 oz	0.19
Onions, sweet, raw	1.0 NLEA serving	0.19
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	0.19
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cups	0.19
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	0.19
Oranges, raw, with peel	1.0 cups	0.19
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	0.19
Candies, truffles, prepared-from-recipe	1.0 piece	0.19
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	0.18
Cookies, oatmeal, with raisins	1.0 oz	0.18
Mountain yam, hawaii, raw	0.5 cups, cubes	0.18
Snacks, potato chips, made from dried potatoes, cheese-flavor	1.0 oz	0.18
Cookies, oatmeal, refrigerated dough	1.0 oz	0.18
Egg substitute, powder	0.35 oz	0.18
Gooseberries, raw	1.0 cups	0.18
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1.0 fl oz	0.18
Cherries, sour, red, canned, light syrup pack, solids and liquids	1.0 cups	0.18
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	0.18
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	0.18
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	0.17
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	0.17
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	0.17
Orange juice, chilled, includes from concentrate, with added calcium	1.0 cups	0.17
Cake, snack cakes, creme-filled, sponge	1.0 oz	0.17
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	0.17
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	0.17
Biscuits, mixed grain, refrigerated dough	1.0 oz	0.17

Crackers, cheese, regular	0.5 oz	0.17
Cookies, chocolate chip, refrigerated dough	1.0 serving	0.17
Cookies, chocolate sandwich, with creme filling, special dietary	1.0 oz	0.16
Cookies, shortbread, commercially prepared, pecan	1.0 oz	0.16
Egg, whole, cooked, omelet	1.0 tbsp	0.16
Bread, irish soda, prepared from recipe	1.0 oz	0.16
Soup, cream of chicken, canned, condensed, reduced sodium	0.5 cups	0.16
Grapefruit, raw, white, Florida	1.0 cups sections, with juice	0.16
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	0.16
Crackers, standard snack-type, sandwich, with peanut butter filling	0.5 oz	0.16
Spinach, raw	1.0 cups	0.16
Carambola, (starfruit), raw	1.0 cups, cubes	0.16
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	1.0 fl oz	0.16
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	0.16
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups, chopped	0.16
Crackers, rusk toast	0.5 oz	0.16
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	0.16
Frostings, coconut-nut, ready-to-eat	0.08 package	0.16
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	0.15
Cookies, sugar wafers with creme filling, regular	3.0 cookies	0.15
Grapefruit juice, white, canned, sweetened	1.0 cups	0.15
Parmesan cheese topping, fat free	1.0 tablespoon	0.15
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	0.15
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	0.15
Soup, cream of celery, canned, prepared with equal volume water	1.0 cups	0.15
Mangos, raw	1.0 cups pieces	0.15
Cake, cheesecake, commercially prepared	1.0 oz	0.14
Cake, sponge, commercially prepared	1.0 oz	0.14
Beet greens, raw	1.0 cups	0.14
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	0.14
POPEYES, Coleslaw	1.0 package	0.14
Nuts, coconut cream, raw (liquid expressed from grated meat)	1.0 tbsp	0.14

Pears, raw	1.0 cups, slices	0.14
Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	0.14
Cookies, shortbread, commercially prepared, plain	1.0 oz	0.14
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	0.14
Soup, cream of mushroom, canned, condensed	0.5 cups	0.14
Blueberries, frozen, sweetened	1.0 cups, thawed	0.14
Taro, tahitian, cooked, without salt	1.0 cups slices	0.14
Tangerines, (mandarin oranges), raw	1.0 cups, sections	0.14
Milk shakes, thick chocolate	1.0 fl oz	0.14
Pie, banana cream, prepared from recipe	1.0 oz	0.14
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	0.14
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	0.14
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	0.14
Spices, turmeric, ground	1.0 tsp	0.14
Croutons, seasoned	0.5 oz	0.13
Litchis, raw	1.0 cups	0.13
Cookies, molasses	1.0 oz	0.13
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.0 oz	0.13
Croutons, plain	0.5 oz	0.13
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	0.13
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	0.12
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	0.12
Crackers, wheat, sandwich, with cheese filling	0.5 oz	0.12
Grapes, canned, thompson seedless, water pack, solids and liquids	1.0 cups	0.12
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	0.12
Lemon juice, raw	1.0 cups	0.12
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.0 oz	0.12
Spices, mustard seed, ground	1.0 tsp	0.12
Kale, frozen, unprepared	1.0 cups	0.12
Cream, fluid, half and half	1.0 fl oz	0.12
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	0.12
Papayas, raw	1.0 cups 1" pieces	0.12
Spices, caraway seed	1.0 tsp	0.12
Cress, garden, raw	1.0 cups	0.12
Nuts, coconut cream, canned, sweetened	1.0 tbsp	0.11



Onions, frozen, whole, unprepared	0.33 package (10 oz)	0.11
Cookies, vanilla sandwich with creme filling	1.0 oz	0.11
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	0.11
Spices, anise seed	1.0 tsp, whole	0.11
Cookies, fig bars	1.0 oz	0.11
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1.0 serving	0.11
Oranges, raw, California, valencias	1.0 cups sections, without membranes	0.11
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	0.1
Cowpeas, leafy tips, raw	1.0 cups, chopped	0.1
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cups	0.1
Peppers, pasilla, dried	1.0 pepper	0.1
Cherries, sweet, raw	1.0 cups, with pits, yields	0.1
Puddings, chocolate, ready-to-eat	1.0 oz	0.1
Figs, raw	1.0 large (2-1/2" dia)	0.1
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.1
Onions, dehydrated flakes	1.0 tbsp	0.09
Spices, curry powder	1.0 tsp	0.09
Snacks, corn-based, extruded, onion-flavor	1.0 oz	0.09
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	0.09
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	0.09
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	0.09
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	0.09
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	0.09
Fish, cisco, smoked	1.0 oz	0.09
Cake, white, dry mix, special dietary (includes lemon-flavored)	1.0 oz	0.09
Chicory, witloof, raw	1.0 head	0.08
Cranberry sauce, canned, sweetened	1.0 cups	0.08
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	0.08
Kale, raw	1.0 cups	0.08
Cake, cherry fudge with chocolate frosting	1.0 oz	0.08
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.08

Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.08
Crackers, standard snack-type, regular	5.0 crackers	0.08
Cream, sour, reduced fat, cultured	1.0 tbsp	0.07
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	0.07
Applesauce, canned, sweetened, without salt	1.0 cups	0.07
Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	0.07
Purslane, raw	1.0 cups	0.07
Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry	1.0 serving	0.07
Cheese, cream	1.0 tbsp	0.07
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	0.07
Spices, ginger, ground	1.0 tsp	0.07
Pie, fried pies, fruit	1.0 oz	0.07
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	0.07
Alcoholic beverage, pina colada, canned	1.0 fl oz	0.07
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	0.07
Gravy, brown instant, dry	1.0 serving	0.06
Spices, thyme, dried	1.0 tsp, leaves	0.06
Spices, savory, ground	1.0 tsp	0.06
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	0.06
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	0.06
Apples, raw, without skin	1.0 cups slices	0.06
Pie, cherry, commercially prepared	1.0 oz	0.05
Tamarind nectar, canned	1.0 cups	0.05
Spices, cinnamon, ground	1.0 tsp	0.05
Spices, nutmeg, ground	1.0 tsp	0.05
Pie, blueberry, commercially prepared	1.0 oz	0.05
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	0.04
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	0.04
Snacks, fruit leather, rolls	1.0 large	0.04
Cookies, brownies, dry mix, sugar free	1.0 oz	0.04
Cream, sour, cultured	1.0 tbsp	0.04
Spices, mace, ground	1.0 tsp	0.04
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	0.04
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	0.04
Grapes, american type (slip skin), raw	1.0 cups	0.04
Alcoholic beverage, wine, table, white	1.0 fl oz	0.04
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	0.04
Dessert topping, powdered	1.0 oz	0.03

Flan, caramel custard, dry mix	1.0 package (3 oz)	0.03
Beverages, carbonated, club soda	1.0 fl oz	0.03
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	0.03
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	0.03
Candies, caramels, chocolate-flavor roll	1.0 piece	0.03
Spices, tarragon, dried	1.0 tsp, leaves	0.02
Beverages, Whiskey sour mix, bottled	1.0 fl oz	0.02
Whiskey sour mix, bottled, with added potassium and sodium	1.0 fl oz	0.02
Spices, bay leaf	1.0 tsp, crumbled	0.02
Spices, marjoram, dried	1.0 tsp	0.02
Salad dressing, mayonnaise, regular	1.0 tbsp	0.02
Nabisco, Nabisco Ritz Crackers	1.0 cracker	0.02
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	0.02
Papaya, canned, heavy syrup, drained	1.0 piece	0.02
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.02
Alcoholic beverage, whiskey sour, canned	1.0 fl oz	0.02
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	0.02
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.0 tablespoon	0.02
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	0.02
Salad dressing, russian dressing, low calorie	1.0 tablespoon	0.02
Orange peel, raw	1.0 tbsp	0.01
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	0.01
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	0.01
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	0.01
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	0.01
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	1.0 tbsp	0.01
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.0 tbsp chopped	0.01
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	0.01
Sweeteners, for baking, brown, contains sugar and sucralose	1.0 tbsp	0.01
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	0.01
Egg, white, raw, fresh	1.0 large	0.01
Arugula, raw	1.0 leaf	0.01
Alcoholic beverage, daiquiri, canned	1.0 fl oz	0.01
Dill weed, fresh	5.0 sprigs	0.01
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	0.01
Dessert topping, pressurized	1.0 cups	0.01
Ginger root, raw	1.0 tsp	0.01
Grapes, muscadine, raw	1.0 grape	0.01