



Abridged List Ordered by Nutrient Content in Household Measure  
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)  
Nutrients: **Energy (kcal)**

Description	Measure	Energy (kcal)Per Measure
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	1818
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	1053
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	1052
Candies, confectioner's coating, peanut butter	1.0 cups chips	889
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	881
Peanuts, all types, dry-roasted, without salt	1.0 cups	857
Peanuts, valencia, oil-roasted, without salt	1.0 cups	848
Syrups, table blends, pancake, with 2% maple, with added potassium	1.0 cups	835
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	829
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	825
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	799
Syrups, table blends, pancake	1.0 cups	735
Nuts, butternuts, dried	1.0 cups	734
Nuts, hazelnuts or filberts	1.0 cups, chopped	722
Beans, pink, mature seeds, raw	1.0 cups	720
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	707
Seeds, pumpkin and squash seed kernels, roasted, with	1.0 cups	677
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	675
Beans, black, mature seeds, raw	1.0 cups	662
Beans, adzuki, mature seeds, raw	1.0 cups	648
Beef, Australian, imported, grass-fed, seam fat, raw	4.0 oz	635
Corn grain, white	1.0 cups	606
Cereals ready-to-eat, granola, homemade	1.0 cups	597
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cups	592
Rice flour, brown	1.0 cups	574
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	532
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	527
Cheese, swiss	1.0 cups, diced	519
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	514
Whey, sweet, dried	1.0 cups	512
Barley flour or meal	1.0 cups	511

Fast Foods, biscuit, with egg and sausage	1.0 item	505
Chicken, skin (drumsticks and thighs), raw	4.0 oz	497
Wheat flour, white, bread, enriched	1.0 cups	495
Cheese, mexican, queso chihuahua	1.0 cups, diced	494
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	490
Cheese, muenster	1.0 cups, diced	486
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	468
Cheese, pasteurized process, swiss	1.0 cups, diced	468
Cheese, provolone	1.0 cups, diced	463
Fast foods, biscuit, with egg and bacon	1.0 biscuit	458
Wheat flour, white, all-purpose, unenriched	1.0 cups	455
Wheat flour, white, all-purpose, enriched, calcium-	1.0 cups	455
Cornmeal, whole-grain, white	1.0 cups	442
Cranberry sauce, canned, sweetened	1.0 cups	440
Sorghum flour, whole-grain	1.0 cups	434
Oat flour, partially debranned	1.0 cups	420
Cheese, parmesan, grated	1.0 cups	420
Currants, zante, dried	1.0 cups	418
Corn flour, yellow, masa, enriched	1.0 cups	414
Cream, fluid, heavy whipping	1.0 cups, whipped	408
Cheese spread, pasteurized process, American	1.0 cups, diced	406
Fast foods, croissant, with egg, cheese, and ham	1.0 item	405
Cheese, feta	1.0 cups, crumbled	398
Salami, pork, beef, less sodium	3.0 oz	396
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	394
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	389
Orange juice, frozen concentrate, unsweetened,	1.0 cups	388
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	388
Apricots, dehydrated (low-moisture), sulfured,	1.0 cups	381
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	380
Cream puff, eclair, custard or cream filled, iced	4.0 oz	377
Soybeans, green, raw	1.0 cups	376
Cheese food, pasteurized process, American, vitamin D	1.0 cups	373
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	370
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	369
Fish, herring, Atlantic, pickled	1.0 cups	367
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	352
Cream, fluid, light whipping	1.0 cups, whipped	350
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	342
Blueberries, wild, canned, heavy syrup, drained	1.0 cups	341
Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	341

Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	339
Pasta, dry, unenriched	1.0 cups spaghetti	338
Pasta, dry, enriched	1.0 cups spaghetti	338
Cheese, mozzarella, whole milk	1.0 cups, shredded	335
Chicken, broilers or fryers, dark meat, meat only,	1.0 cups	335
Plantains, yellow, raw	1.0 plantain	329
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	325
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	324
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	324
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	322
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	320
Mckee Baking, Little Debbie Nutty Bars, Wafers with Peanut Butter, Chocolate Covered	1.0 serving	312
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	311
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	309
Beverages, Whey protein powder isolate	3.0 scoop	309
Macaroni, vegetable, enriched, dry	1.0 cups spiral shaped	308
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	305
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	302
Flan, caramel custard, dry mix	1.0 package (3 oz)	296
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to	3.0 oz	291
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	290
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	289
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	288
Fast foods, english muffin, with egg, cheese, and	1.0 sandwich	287
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	286
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	286
Pork, fresh, leg (ham), whole, separable lean only,	1.0 cups, diced	285
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	284
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	281
Cheese substitute, mozzarella	1.0 cups, shredded	280
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	279

Soup, chicken noodle, dry, mix	1.0 packet	279
Pork, fresh, leg (ham), whole, separable lean and fat,	4.0 oz	277
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	275
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	273
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	270
Beans, baked, canned, with pork	1.0 cups	268
Milk, sheep, fluid	1.0 cups	265
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	264
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	262
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	261
George Weston Bakeries, Brownberry Sage and Onion Stuffing Mix, dry	1.0 serving	261
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat,	3.0 oz	259
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	256
Teff, cooked	1.0 cups	255
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	254
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	253
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	252
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	252
Squab, (pigeon), meat and skin, raw	3.0 oz	250
Dessert topping, powdered	1.0 oz	248
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	247
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	246
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	246
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	245
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	244
Rice, white, medium-grain, cooked, unenriched	1.0 cups	242
POPEYES, biscuit	1.0 biscuit	241
Beans, black turtle, mature seeds, cooked, boiled,	1.0 cups	240
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	240
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	236
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	234

Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	231
Noodles, japanese, somen, cooked	1.0 cups	231
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	230
Passion-fruit, (granadilla), purple, raw	1.0 cups	229
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	229
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	229
Chicken, broilers or fryers, meat and skin, cooked, fried,	3.0 oz	229
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	228
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	227
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	227
Breadfruit, raw	1.0 cups	227
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	226
Boysenberries, canned, heavy syrup	1.0 cups	225
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	225
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	224
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked,	3.0 oz	224
Eggnog	1.0 cups	224
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	223
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	221
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	221
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	221
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.0 bar 1.55 oz	220
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	219
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	218
Beans, black turtle, mature seeds, canned	1.0 cups	218
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	216
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	216
Potatoes, scalloped, home-prepared with butter	1.0 cups	216
Plantains, yellow, baked	1.0 cups	215
Bread, pound cake type, pan de torta salvadoran	1.0 serving	214
Apricots, canned, heavy syrup pack, with skin, solids	1.0 cups, halves	214
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	213

Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	212
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	212
Potatoes, mashed, dehydrated, flakes without milk, dry	1.0 cups	212
Sweet potato, canned, syrup pack, drained solids	1.0 cups	212
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	211
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	211
Noodles, egg, spinach, enriched, cooked	1.0 cups	211
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	211
Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	16.0 fl oz	211
Lima beans, immature seeds, cooked, boiled, drained,	1.0 cups	209
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	209
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	208
Game meat, bison, ground, cooked, pan-broiled	1.0 patty ( yield from 112.7 g raw meat )	207
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	206
Pork, fresh, loin, whole, separable lean and fat, cooked,	3.0 oz	206
Rice, white, long-grain, regular, cooked, unenriched,	1.0 cups	205
Frankfurter, pork	1.0 link	204
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	204
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades,	4.0 oz	203
Noodles, japanese, somen, dry	2.0 oz	203
Garlic, raw	1.0 cups	203
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	202
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	201
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	201
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat,	3.0 oz	200
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	199
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to	3.0 oz	199
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	196
Keikitos (muffins), Latino bakery item	1.0 piece	196

Bread, cheese	1.0 slice	196
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	196
Blueberries, frozen, sweetened	1.0 cups, thawed	196
Sausage, pork and turkey, pre-cooked	1.0 serving	195
POPEYES, Coleslaw	1.0 package	193
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	193
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	192
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	191
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	191
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	191
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	191
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	4.0 oz	191
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	190
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	190
Rice noodles, cooked	1.0 cups	190
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	190
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	189
Cherries, sour, red, canned, light syrup pack, solids and	1.0 cups	189
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	188
Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	1.0 serving 13 pieces	187
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	187
Fish, bluefish, cooked, dry heat	1.0 fillet	186
Fish, bluefish, raw	1.0 fillet	186
Cheese, ricotta, whole milk	0.5 cups	186
Veal, breast, whole, boneless, separable lean only,	3.0 oz	185
Soup, pea, split with ham, canned, chunky, ready-to-	1.0 cups	185
Dessert topping, pressurized	1.0 cups	185
Beef, ground, 90% lean meat / 10% fat, patty, cooked,	3.0 oz	184
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	184
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	184
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	184

Game meat, elk, ground, cooked, pan-broiled	1.0 patty ( yield from 104.1 g raw meat )	183
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	182
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	182
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	182
Apricots, canned, heavy syrup, drained	1.0 cups, halves	182
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	181
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	181
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	181
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	181
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	181
Cookies, sugar wafers with creme filling, regular	3.0 cookies	181
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	180
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	178
Biscuits, plain or buttermilk, refrigerated dough, higher	1.0 biscuit	178
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	177
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	177
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	175
Turkey, whole, dark meat, meat and skin, cooked,	3.0 oz	175
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	175
Beverages, Protein powder soy based	1.0 scoop	175
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	174
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	174
Nuts, mixed nuts, oil roasted, with peanuts, lightly	1.0 oz	172
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	172
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	172
Cheese, ricotta, part skim milk	0.5 cups	171
Pillsbury, Chocolate Chip Cookies, refrigerated dough	1.0 serving 2 cookies	171
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to	3.0 oz	171
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	171
Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	4.0 oz	171
Puddings, chocolate, dry mix, regular, prepared with	0.5 cups	170
Lima beans, immature seeds, frozen, fordhook,	1.0 cups	170

Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	169
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	169
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	168
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	168
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	168
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	168
Liverwurst spread	0.25 cups	168
Applesauce, canned, sweetened, without salt	1.0 cups	167
Continental Mills, Krusteaz Almond Poppyseed Muffin Mix, Artificially Flavored, dry	1.0 serving	167
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	167
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	166
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8"	4.0 oz	166
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	166
Fish, herring, Pacific, raw	3.0 oz	166
Candies, YORK Peppermint Pattie	1.0 patty 1.5 oz	165
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	165
Frostings, coconut-nut, ready-to-eat	0.08 package	165
Chocolate, dark, 60-69% cacao solids	1.0 oz	164
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes	2.0 oz 1 NLEA serving	164
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving ( 3 oz )	164
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	163
Veal, shank (fore and hind), separable lean and fat,	3.0 oz	162
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat,	3.0 oz	162
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	161
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	160
Soup, pea, green, canned, condensed	0.5 cups	160
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	160
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	160
Beverages, Meal supplement drink, canned, peanut	1.0 cups	160
Martha White Foods, Martha White's Buttermilk Biscuit	1.0 serving	159
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	159

Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	158
Fish, tuna, white, canned in oil, drained solids	3.0 oz	158
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	156
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	156
Chicken, broilers or fryers, leg, meat and skin, cooked,	3.0 oz	156
Snacks, potato chips, made from dried potatoes, cheese-	1.0 oz	156
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	156
Milk, producer, fluid, 3.7% milkfat	1.0 cups	156
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	156
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat,	3.0 oz	156
Turkey, retail parts, thigh, meat and skin, cooked,	3.0 oz	156
Dessert topping, powdered, 1.5 ounce prepared with	1.0 cups	155
Beerwurst, beer salami, pork and beef	2.0 oz	155
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak ( yield from 134.9 g raw meat )	155
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	155
Crackers, wheat, regular	16.0 crackers 1 serving	155
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	155
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	155
Beerwurst, pork and beef	1.0 serving 2 oz	155
Cream, whipped, cream topping, pressurized	1.0 cups	154
Candies, YORK BITES	15.0 pieces	154
Cookies, shortbread, commercially prepared, pecan	1.0 oz	154
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	153
Snacks, pork skins, barbecue-flavor	1.0 oz	153
Cookies, peanut butter sandwich, special dietary	1.0 oz	152
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	151
Pillsbury, Buttermilk Biscuits, Artificial Flavor,	1.0 biscuit	151
Frankfurter, meat	1.0 serving (1 hot dog)	151
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	151
Garlic bread, frozen	1.0 slice presliced	150
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	150
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	150
Pork, cured, ham, shank, bone-in, separable lean and	3.0 oz	150

Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	150
Soup, bean with bacon, condensed, single brand	1.0 serving 1/2 cups	150
Pork, cured, ham, rump, bone-in, separable lean and	3.0 oz	150
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	149
Milk substitutes, fluid, with lauric acid oil	1.0 cups	149
Cookies, chocolate chip, refrigerated dough	1.0 serving	149
Peas, mature seeds, sprouted, raw	1.0 cups	149
Snacks, potato sticks	1.0 oz	148
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	148
Veal, breast, separable fat, cooked	1.0 oz	148
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	147
Mission Foods, Mission Flour Tortillas, Soft Taco, 8 inch	1.0 serving	146
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	146
Fish, swordfish, cooked, dry heat	3.0 oz	146
Noodles, egg, dry, unenriched	1.0 cups	146
Cookies, shortbread, commercially prepared, plain	1.0 oz	146
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	146
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	145
Pillsbury, Cinnamon Rolls with Icing, refrigerated dough	1.0 serving 1 roll with icing	145
Bacon and beef sticks	1.0 oz	145
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	144
Keebler, Keebler Chocolate Graham SELECTS	1.0 serving	144
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	144
Snacks, oriental mix, rice-based	1.0 oz	143
Tamarind nectar, canned	1.0 cups	143
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	143
Heinz, Weight Watcher, Chocolate Eclair, frozen	1.0 eclair, frozen	142
Snacks, tortilla chips, ranch-flavor	1.0 oz	142
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	142
Focaccia, Italian flatbread, plain	1.0 piece	142
Snacks, corn-based, extruded, onion-flavor	1.0 oz	141
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	141
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	141
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	140
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	140

Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	139
Snacks, potato chips, barbecue-flavor	1.0 oz	138
Veal, Australian, shank, hind, bone-in, separable lean	4.0 oz	138
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	138
Cookies, vanilla sandwich with creme filling	1.0 oz	137
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	137
Ice creams, BREYERS, All Natural Light French Chocolate	1.0 serving 1/2 cups	137
Cereals, WHEATENA, cooked with water	1.0 cups	136
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	136
Cookies, peanut butter sandwich, regular	1.0 oz	136
Candies, TWIZZLERS CHERRY BITES	18.0 pieces	135
Pomegranate juice, bottled	1.0 cups	134
Cookies, peanut butter, commercially prepared, regular	1.0 oz	134
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	134
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	134
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	134
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	134
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	133
Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	1.0 serving 1/2 cups	133
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving ( 3 oz )	133
Cookies, brownies, prepared from recipe	1.0 oz	132
Cookies, sugar, commercially prepared, regular	1.0 oz	132
Figs, canned, water pack, solids and liquids	1.0 cups	131
Fish, salmon, chum, cooked, dry heat	3.0 oz	131
Cookies, chocolate sandwich, with creme filling, special	1.0 oz	131
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	130
Candies, fudge, chocolate, with nuts, prepared-from-	1.0 oz	130
Cookies, peanut butter, commercially prepared, soft-	1.0 oz	130
Mollusks, mussel, blue, raw	1.0 cups	129
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	129
Edamame, frozen, unprepared	1.0 cups	129
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	128
Soup, vegetable beef, microwavable, ready-to-serve,	1.0 serving	128
Cookies, oatmeal, commercially prepared, regular	1.0 oz	128
Cookies, oatmeal, commercially prepared, special	1.0 oz	127
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	127
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	127

Kielbasa, Polish, turkey and beef, smoked	1.0 serving 2 oz	127
Rowal, raw	0.5 cups	127
Pillsbury, Crusty French Loaf, refrigerated dough	1.0 serving	126
Artificial Blueberry Muffin Mix, dry	1.0 muffin	126
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	126
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	126
Litchis, raw	1.0 cups	125
Sausage, Italian, sweet, links	1.0 link 3 oz	125
Cookies, oatmeal, with raisins	1.0 oz	125
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	125
Chicken, dark meat, thigh, meat only, with added	4.0 oz	124
Oil, sunflower, high oleic (70% and over)	1.0 tbsp	124
Oil, canola	1.0 tbsp	124
Oil, mustard	1.0 tbsp	124
Gravy, beef, canned, ready-to-serve	1.0 cups	123
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	123
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	123
Cookies, chocolate wafers	1.0 oz	123
Milk, canned, condensed, sweetened	1.0 fl oz	123
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	122
Cookies, molasses	1.0 oz	122
Archway Home Style Cookies, Iced Oatmeal	1.0 serving	122
Crustaceans, spiny lobster, mixed species, cooked,	3.0 oz	122
Cookies, brownies, dry mix, sugar free	1.0 oz	121
Beverages, V8 V-FUSION Juices, Peach Mango	1.0 serving 8 oz	121
Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	1.0 tablespoon	120
Oil, cocoa butter	1.0 tablespoon	120
Oil, safflower, salad or cooking, linoleic, (over 70%)	1.0 tbsp	120
Oil, sesame, salad or cooking	1.0 tablespoon	120
Cookies, oatmeal, refrigerated dough	1.0 oz	120
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	120
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	120
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	120
Pork, fresh, enhanced, loin, tenderloin, separable lean	4.0 oz	120
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food	1.0 cups	120
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	120
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	119
Oil, olive, salad or cooking	1.0 tablespoon	119
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	119
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	119
Salami, Italian, pork	1.0 oz	119

Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups, cubes	119
Nabisco, Nabisco Grahams Crackers	1.0 serving	119
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	118
Bologna, pork and turkey, lite	1.0 serving 2 oz	118
Fish, mackerel, spanish, raw	3.0 oz	118
Fish, salmon, pink, canned, without salt, solids with	3.0 oz	118
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	118
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	118
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	118
Archway Home Style Cookies, Iced Molasses	1.0 serving	118
Peas, green, raw	1.0 cups	117
Croissants, cheese	1.0 oz	117
Fish, salmon, pink, canned, drained solids	3.0 oz	117
Pork, fresh, variety meats and by-products, brain,	3.0 oz	117
Turkey, ground, fat free, patties, broiled	3.0 oz	117
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	117
Orange juice, chilled, includes from concentrate, with	1.0 cups	117
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	116
Milk, buttermilk, dried	0.25 cups	116
Fat, beef tallow	1.0 tbsp	115
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	115
Croissants, butter	1.0 oz	115
Grapefruit juice, white, canned, sweetened	1.0 cups	115
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	115
Potatoes, baked, skin, without salt	1.0 skin	115
Danish pastry, cinnamon, enriched	1.0 oz	114
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	114
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	114
Martha White Foods, Martha White's Chewy Fudge	1.0 serving	114
Shortening bread, soybean (hydrogenated) and	1.0 tablespoon	113
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	113
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	113
Cake, white, dry mix, special dietary (includes lemon-	1.0 oz	113
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	112
Fish, tilapia, raw	1.0 fillet	111
Cheese, cottage, creamed, large or small curd	4.0 oz	111
Bread, stuffing, cornbread, dry mix	1.0 oz	110
Ice creams, BREYERS, All Natural Light Vanilla	1.0 serving 1/2 cups	110
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	110

Kiwifruit, green, raw	1.0 cups, sliced	110
Sauce, cheese, ready-to-serve	0.25 cups	110
Cheese, cottage, creamed, with fruit	4.0 oz	110
Bread, stuffing, dry mix	1.0 oz	109
Fish, flatfish (flounder and sole species), cooked, dry	1.0 fillet	109
Milk, dry, nonfat, regular, without added vitamin A and	0.25 cups	109
Cracker, meal	1.0 oz	109
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	108
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	108
Potatoes, roasted, salt added in processing, frozen,	3.0 oz	108
Snacks, potato chips, fat free, salted	1.0 oz	107
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	107
Oranges, raw, with peel	1.0 cups	107
Yogurt, plain, low fat	1.0 container (6 oz)	107
Pork, cured, ham, rump, bone-in, separable lean only,	3.0 oz	106
Pork, cured, ham, shank, bone-in, separable lean only,	3.0 oz	106
Seeds, lotus seeds, dried	1.0 cups	106
Cake, snack cakes, creme-filled, sponge	1.0 oz	106
Danish pastry, cheese	1.0 oz	106
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	105
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	105
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	105
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	105
Archway Home Style Cookies, Molasses	1.0 serving	105
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	104
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	104
Cheese, pasteurized process, American, fortified with	1.0 oz	104
Yogurt, plain, whole milk	1.0 container (6 oz)	104
Fish, burbot, cooked, dry heat	1.0 fillet	104
Tangerines, (mandarin oranges), raw	1.0 cups, sections	103
Tomato products, canned, sauce, with onions	1.0 cups	103
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	103
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	103
Margarine-like, margarine-butter blend, soybean oil and	1.0 tbsp	103
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	102
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	102
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	101

Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	101
Milk, dry, nonfat, calcium reduced	1.0 oz	100
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	100
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	100
Cheese, blue	1.0 oz	100
Archway Home Style Cookies, Date Filled Oatmeal	1.0 serving	100
Archway Home Style Cookies, Raspberry Filled	1.0 serving	100
Soup, cream of mushroom, canned, condensed	0.5 cups	100
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	99
Mangos, raw	1.0 cups pieces	99
Salad dressing, mayonnaise, soybean and safflower oil,	1.0 tablespoon	99
Cookies, fig bars	1.0 oz	99
Nuts, almond butter, plain, with salt added	1.0 tbsp	98
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	98
Grapes, canned, thompson seedless, water pack, solids	1.0 cups	98
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	98
Seeds, safflower seed meal, partially defatted	1.0 oz	97
Blackberries, frozen, unsweetened	1.0 cups, unthawed	97
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	97
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	96
Pork, Leg sirloin tip roast, boneless, separable lean and	3.0 oz	96
Fish, pike, northern, cooked, dry heat	3.0 oz	96
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	96
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	96
Bologna, pork, turkey and beef	1.0 oz	95
Blackberry juice, canned	1.0 cups	95
Tomato products, canned, puree, with salt added	1.0 cups	95
Tomato products, canned, puree, without salt added	1.0 cups	95
Seeds, sesame flour, low-fat	1.0 oz	94
Salad dressing, mayonnaise, regular	1.0 tbsp	94
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	94
Candies, MOUNDS Candy Bar	1.0 bar snack size	94
Squash, winter, butternut, frozen, cooked, boiled,	1.0 cups, mashed	94
Guinea hen, meat only, raw	3.0 oz	94
Carissa, (natal-plum), raw	1.0 cups slices	93
Bologna, meat and poultry	1.0 slice	93
Braunschweiger (a liver sausage), pork	1.0 oz	93
Fish, lingcod, cooked, dry heat	3.0 oz	93
Fish, mahimahi, cooked, dry heat	3.0 oz	93
Grapefruit, sections, canned, juice pack, solids and	1.0 cups	92
Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	1.0 serving 3.5 fl oz bar	92

Soup, cream of celery, canned, prepared with equal	1.0 cups	92
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS	1.0 serving	92
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	92
Beverages, almond milk, sweetened, vanilla flavor,	8.0 fl oz	91
Cake, cheesecake, commercially prepared	1.0 oz	91
Beverages, V8 SPLASH Smoothies, Strawberry Banana	1.0 serving 8 oz	91
Beverages, V8 SPLASH Smoothies, Peach Mango	1.0 serving 8 oz	91
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	90
Egg, whole, cooked, fried	1.0 large	90
Pork sausage, link/patty, fully cooked, unheated	1.0 link	90
Cake, coffeecake, cinnamon with crumb topping, dry	1.0 oz	90
Snacks, tortilla chips, low fat, made with olestra, nacho	1.0 oz	90
Beverages, The COCA-COLA company, Hi-C Flashin' Fruit	6.0 fl oz	90
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	90
Pie, fried pies, fruit	1.0 oz	90
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	89
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	89
Sausage, turkey, hot, smoked	2.0 oz	88
Sausage, turkey, fresh, raw	1.0 serving	88
Salad dressing, french, home recipe	1.0 tablespoon	88
Oranges, raw, California, valencias	1.0 cups sections, without membranes	88
Soup, cream of shrimp, canned, prepared with equal	1.0 cups	88
Grapefruit, sections, canned, water pack, solids and	1.0 cups	88
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	87
Cherries, sweet, raw	1.0 cups, with pits, yields	87
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	87
Soup, chicken with rice, canned, condensed	0.5 cups	86
Cheese, camembert	1.0 oz	85
Soup, beef noodle, canned, condensed	0.5 cups	84
Bologna, chicken, turkey, pork	1.0 serving	83
Squash, winter, acorn, cooked, boiled, mashed, without	1.0 cups, mashed	83
Squash, winter, acorn, cooked, boiled, mashed, with	1.0 cups, mashed	83
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	83
Bread, oatmeal, toasted	1.0 oz	83
Bread, irish soda, prepared from recipe	1.0 oz	82
Bread, white, commercially prepared, toasted	1.0 oz	82
Cake, sponge, commercially prepared	1.0 oz	82
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	82
Fish, wolffish, Atlantic, raw	3.0 oz	82
Crackers, standard snack-type, regular	5.0 crackers	82
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	81
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	81

Loganberries, frozen	1.0 cups, unthawed	81
Bread, whole-wheat, commercially prepared	1.0 slice	81
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	81
Papaya, canned, heavy syrup, drained	1.0 piece	80
Beverages, V8 SPLASH Juice Drinks, Mango Peach	1.0 serving 8 oz	80
Fish, cod, Pacific, raw (may have been previously)	1.0 fillet	80
Pears, raw	1.0 cups, slices	80
Bread, wheat	1.0 slice	79
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	79
Fish, grouper, mixed species, raw	3.0 oz	78
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	78
Snacks, fruit leather, rolls	1.0 large	78
Snacks, potato chips, fat-free, made with olestra	1.0 oz	78
Fish, cisco, raw	1.0 fillet	77
Alcoholic beverage, pina colada, canned	1.0 fl oz	77
Pie, banana cream, prepared from recipe	1.0 oz	76
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	76
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	75
Cake, cherry fudge with chocolate frosting	1.0 oz	75
Biscuits, mixed grain, refrigerated dough	1.0 oz	75
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	74
Groundcherries, (cape-gooseberries or poha), raw	1.0 cups	74
Beets, canned, regular pack, solids and liquids	1.0 cups	74
Bread, cracked-wheat	1.0 oz	74
Pie, cherry, commercially prepared	1.0 oz	74
Grapefruit, raw, white, Florida	1.0 cups sections, with juice	74
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cups	74
Bread, rye	1.0 oz	73
Fish, pollock, Alaska, cooked	3.0 oz	73
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	73
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat,	1.0 oz	73
Baking chocolate, MARS SNACKFOOD US, M & M's Semisweet Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	72
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	72
Croissants, apple	1.0 oz	72
Soup, cream of chicken, canned, condensed, reduced	0.5 cups	72
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	72
Cheese, neufchatel	1.0 oz	72
Egg, whole, cooked, poached	1.0 large	72
Egg, whole, raw, fresh	1.0 large	72

Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	71
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to	1.0 oz	71
Squash, winter, hubbard, cooked, boiled, mashed, with	1.0 cups, mashed	71
Squash, winter, hubbard, cooked, boiled, mashed,	1.0 cups, mashed	71
Crackers, wheat, sandwich, with cheese filling	0.5 oz	71
Currants, european black, raw	1.0 cups	71
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	70
Baking chocolate, MARS SNACKFOOD US, M & M's Milk Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	70
Crackers, standard snack-type, sandwich, with peanut	0.5 oz	70
Mollusks, octopus, common, raw	3.0 oz	70
Bread, protein (includes gluten)	1.0 oz	69
Crackers, cheese, regular	0.5 oz	69
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	69
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	69
Nuts, coconut cream, canned, sweetened	1.0 tbsp	68
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	68
Crackers, standard snack-type, sandwich, with cheese	0.5 oz	68
Fish, scup, cooked, dry heat	1.0 fillet	68
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	67
Ham, honey, smoked, cooked	1.0 oz (1 serving)	67
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	67
Potatoes, boiled, cooked without skin, flesh, without	0.5 cups	67
Bread, oat bran	1.0 oz	67
Bread, white wheat	1.0 slice	67
Muffins, English, mixed-grain (includes granola)	1.0 oz	67
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	66
Tomatoes, red, ripe, canned, stewed	1.0 cups	66
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	66
Croutons, seasoned	0.5 oz	66
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	66
Gooseberries, raw	1.0 cups	66
Squash, summer, zucchini, italian style, canned	1.0 cups	66
Pie, blueberry, commercially prepared	1.0 oz	66
Onions, raw	1.0 cups, chopped	64
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	63
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	63
Fish, haddock, raw	3.0 oz	63
Currants, red and white, raw	1.0 cups	63
Papayas, raw	1.0 cups 1" pieces	62

Grapes, american type (slip skin), raw	1.0 cups	62
Bread, reduced-calorie, wheat	1.0 oz	62
Candies, truffles, prepared-from-recipe	1.0 piece	61
Lime juice, raw	1.0 cups	60
Peas, edible-podded, frozen, unprepared	1.0 cups	60
Taro, tahitian, cooked, without salt	1.0 cups slices	60
Bread, reduced-calorie, oatmeal	1.0 oz	60
Veal, breast, whole, boneless, separable lean and fat,	1.0 oz	59
Onions, frozen, whole, cooked, boiled, drained, without	1.0 cups	59
Bread, reduced-calorie, white	1.0 oz	59
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	59
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	58
Beets, raw	1.0 cups	58
Fish, roe, mixed species, cooked, dry heat	1.0 oz	58
Croutons, plain	0.5 oz	58
Crackers, rusk toast	0.5 oz	58
Potatoes, flesh and skin, raw	0.5 cups, diced	58
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to	1.0 oz	57
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	57
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	57
Pork, fresh, variety meats and by-products, pancreas,	1.0 oz	56
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	56
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	56
Vegetable juice cocktail, canned	1.0 cups	56
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	56
Turnip greens and turnips, frozen, cooked, boiled,	1.0 cups	55
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cups	55
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	55
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat,	1.0 oz	55
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	55
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	55
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	54
Crackers, rye, wafers, seasoned	0.5 oz	54
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	54
Lemon juice, raw	1.0 cups	54
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	53
Apples, raw, without skin	1.0 cups slices	53
Carrots, raw	1.0 cups chopped	52
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb	1.0 serving	52
MORI-NU, Tofu, silken, firm	1.0 slice	52
Broccoli, frozen, chopped, cooked, boiled, drained,	1.0 cups	52

Cheese, cream	1.0 tbsp	51
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	51
Fish, cisco, smoked	1.0 oz	50
Mollusks, oyster, eastern, farmed, raw	3.0 oz	50
Sweeteners, for baking, brown, contains sugar and	1.0 tbsp	50
Nuts, coconut cream, raw (liquid expressed from grated	1.0 tbsp	50
Barbecue loaf, pork, beef	1.0 oz	49
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	49
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	49
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	49
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	48
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	48
Turnip greens, frozen, cooked, boiled, drained, without	1.0 cups	48
Figs, raw	1.0 large (2-1/2" dia)	47
Onions, sweet, raw	1.0 NLEA serving	47
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	46
Asparagus, canned, drained solids	1.0 cups	46
Mountain yam, hawaii, raw	0.5 cups, cubes	46
Fish, herring, Atlantic, raw	1.0 oz, boneless	45
Spinach, canned, regular pack, solids and liquids	1.0 cups	44
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	44
Egg substitute, powder	0.35 oz	44
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	44
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	43
Chicory roots, raw	1.0 root	43
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	42
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	42
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	41
Tomato juice, canned, without salt added	1.0 cups	41
Tomato juice, canned, with salt added	1.0 cups	41
Peas, edible-podded, raw	1.0 cups, chopped	41
Carambola, (starfruit), raw	1.0 cups, cubes	41
Bamboo shoots, raw	1.0 cups (1/2" slices)	41
Broccoli, frozen, chopped, unprepared	1.0 cups	41
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	41
Mollusks, oyster, Pacific, raw	1.0 medium	40
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to	1.0 oz	40

Puddings, chocolate, ready-to-eat	1.0 oz	40
Cream, fluid, half and half	1.0 fl oz	40
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	39
Beverages, chocolate powder, no sugar added	2.0 tbsp	38
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	38
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	38
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat,	1.0 oz	38
Alcoholic beverage, daiquiri, canned	1.0 fl oz	38
Brussels sprouts, raw	1.0 cups	38
Beans, snap, green, frozen, cooked, boiled, drained	1.0 cups	38
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	38
Drumstick pods, raw	1.0 cups slices	37
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	37
Alcoholic beverage, whiskey sour, canned	1.0 fl oz	37
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	36
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	36
Butter, salted	1.0 pat (1" sq, 1/3" high)	36
Mushrooms, portabella, grilled	1.0 cups sliced	35
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	35
Snacks, rice cakes, brown rice, multigrain	1.0 cake	35
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	35
Snacks, rice cakes, brown rice, corn	1.0 cake	35
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	34
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	34
Milk shakes, thick chocolate	1.0 fl oz	34
Onions, frozen, whole, unprepared	0.33 package (10 oz)	33
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	33
Pokeberry shoots, (poke), cooked, boiled, drained,	1.0 cups	33
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	32
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	32
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	32
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	32
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	31
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	31
Cardoon, raw	1.0 cups, shredded	30
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	29
Soup, beef broth, bouillon, consomme, prepared with equal volume water	1.0 cups (8 fl oz)	29

Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	29
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	29
Okra, frozen, unprepared	0.33 package (10 oz)	28
Tree fern, cooked, without salt	0.5 cups, chopped	28
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	28
Beverages, Whiskey sour mix, bottled	1.0 fl oz	28
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	28
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	28
Whiskey sour mix, bottled, with added potassium and	1.0 fl oz	27
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	27
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	27
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	27
Turkey, breast, smoked, lemon pepper flavor, 97% fat-	1.0 slice	27
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	26
Candies, caramels, chocolate-flavor roll	1.0 piece	26
Gravy, brown instant, dry	1.0 serving	25
Alcoholic Beverage, wine, table, red, Petite Sirah	1.0 fl oz	25
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	25
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	25
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	25
Alcoholic beverage, wine, table, white, Muscat	1.0 fl oz	25
Alcoholic Beverage, wine, table, red, Claret	1.0 fl oz	24
Alcoholic Beverage, wine, table, red, Cabernet	1.0 fl oz	24
Alcoholic Beverage, wine, table, red, Cabernet Franc	1.0 fl oz	24
Alcoholic beverage, wine, table, white, Semillon	1.0 fl oz	24
Peppers, pasilla, dried	1.0 pepper	24
Alcoholic beverage, wine, table, white	1.0 fl oz	24
Cheese, American, nonfat or fat free	1.0 serving	24
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	24
Cream, sour, cultured	1.0 tbsp	24
Alcoholic beverage, wine, table, white, Sauvignon Blanc	1.0 fl oz	24
Alcoholic beverage, wine, table, white, Pinot Blanc	1.0 fl oz	24
Alcoholic beverage, wine, table, white, Riesling	1.0 fl oz	24
Alcoholic beverage, wine, table, white, Chenin Blanc	1.0 fl oz	24
Alcoholic Beverage, wine, table, red, Lemberger	1.0 fl oz	24
Egg, whole, cooked, omelet	1.0 tbsp	23
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	23
Salad dressing, russian dressing, low calorie	1.0 tablespoon	23
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	22

Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	21
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	21
Purslane, cooked, boiled, drained, without salt	1.0 cups	21
Cream substitute, liquid, with lauric acid oil and sodium caseinate	1.0 container, individual	20
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	20
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	20
Cream, sour, reduced fat, cultured	1.0 tbsp	20
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	20
Infant Formula, GERBER GOOD START 2, GENTLE PLUS,	1.0 fl oz	20
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	20
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	20
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	20
Cauliflower, green, raw	1.0 cups	20
Asparagus, cooked, boiled, drained	0.5 cups	20
Infant formula, GERBER, GOOD START 2 Soy, with iron,	1.0 fl oz	20
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups, chopped	20
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	20
Kale, frozen, unprepared	1.0 cups	19
Radishes, raw	1.0 cups slices	19
Parmesan cheese topping, fat free	1.0 tablespoon	18
Asparagus, canned, regular pack, solids and liquids	0.5 cups	18
Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	18
Onions, dehydrated flakes	1.0 tbsp	17
Mushrooms, Chanterelle, raw	1.0 cups	17
Egg, white, raw, fresh	1.0 large	17
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	17
Kanpyo, (dried gourd strips)	1.0 strip	16
Nabisco, Nabisco Ritz Crackers	1.0 cracker	16
Cress, garden, raw	1.0 cups	16
Balsam-pear (bitter gourd), pods, raw	1.0 cups (1/2" pieces)	16
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	15
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	12
Vanilla extract	1.0 tsp	12
Spices, nutmeg, ground	1.0 tsp	12
Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	1.0 serving 1.75 fl oz pop	12

Soup, chicken broth or bouillon, dry	1.0 cube	11
Cowpeas, leafy tips, raw	1.0 cups, chopped	10
Salad dressing, KRAFT Mayo Fat Free Mayonnaise	1.0 tbsp	10
Spices, mustard seed, ground	1.0 tsp	10
Olives, ripe, canned (small-extra large)	1.0 tbsp	10
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	10
Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	1.0 serving 8 oz	10
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	9
Spices, turmeric, ground	1.0 tsp	9
Chicory, witloof, raw	1.0 head	9
Broccoli raab, raw	1.0 cups chopped	9
Purslane, raw	1.0 cups	9
Alcoholic beverage, beer, light, BUD LIGHT	1.0 fl oz	9
Beet greens, raw	1.0 cups	8
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	8
Spices, mace, ground	1.0 tsp	8
Kale, raw	1.0 cups	7
Spices, anise seed	1.0 tsp, whole	7
Spices, caraway seed	1.0 tsp	7
Spinach, raw	1.0 cups	7
Spices, curry powder	1.0 tsp	6
Spices, cinnamon, ground	1.0 tsp	6
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	6
Spices, ginger, ground	1.0 tsp	6
Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	1.0 fl oz	6
Orange peel, raw	1.0 tbsp	6
Longans, dried	1.0 fruit	5
Beverages, Energy drink, AMP, sugar free	8.0 fl oz	5
Endive, raw	0.5 cups, chopped	4
Onions, frozen, chopped, cooked, boiled, drained,	1.0 tbsp chopped	4
Olives, pickled, canned or bottled, green	1.0 olive	4
Spices, savory, ground	1.0 tsp	4
Grapes, muscadine, raw	1.0 grape	3
Spices, thyme, dried	1.0 tsp, leaves	3
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	2
Spices, bay leaf	1.0 tsp, crumbled	2
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	2
Spices, tarragon, dried	1.0 tsp, leaves	2
Spices, marjoram, dried	1.0 tsp	2
Ginger root, raw	1.0 tsp	2
Beverages, Propel Zero, fruit-flavored, non-carbonated	1.0 fl oz	1
Sesbania flower, raw	1.0 flower	1
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	1.0 fl oz	1