

Abridged List Ordered by Nutrient Content in Household Measure
 Source: USDA National Nutrient Database for Standard Reference Legacy (2018)
 Nutrients: **Folate, total**(μ g)

Description	Measure	Folate, total(μ g)Per Measure
Beans, adzuki, mature seeds, raw	1.0 cup	1225
Beans, pink, mature seeds, raw	1.0 cup	972
Beans, black, mature seeds, raw	1.0 cup	861
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cup (1 NLEA serving)	460
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cup	449
Soybeans, green, raw	1.0 cup	422
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cup (1 NLEA serving)	420
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cup (1 NLEA serving)	418
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cup (1 NLEA serving)	405
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	400
Edamame, frozen, unprepared	1.0 cup	358
Cornmeal, white, self-rising, degermed, enriched	1.0 cup	322
Seeds, sunflower seed kernels, toasted, without salt	1.0 cup	319
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cup	316
Wheat flour, white, bread, enriched	1.0 cup	251
Cowpeas (blackeyes), immature seeds, raw	1.0 cup	244
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cup	243
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cup	240
Macaroni, vegetable, enriched, dry	1.0 cup spiral shaped	234
Asparagus, canned, drained solids	1.0 cup	232
Wheat flour, white, all-purpose, enriched, calcium-fortified	1.0 cup	229
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	227
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	225
Pasta, dry, enriched	1.0 cup spaghetti	216
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cup	210
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cup	202
Beverages, Whey protein powder isolate	3.0 scoop	200
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cup (1 NLEA serving)	200
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cup (1 NLEA serving)	200
Soybeans, green, cooked, boiled, drained, without salt	1.0 cup	200
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	190
Corn flour, yellow, masa, enriched	1.0 cup	185
Peanuts, valencia, oil-roasted, without salt	1.0 cup	181
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	173
Peas, mature seeds, sprouted, raw	1.0 cup	173
Turnip greens, cooked, boiled, drained, without salt	1.0 cup, chopped	170
Soup, black bean, canned, condensed	1.0 cup (8 fl oz)	170
Beans, black turtle, mature seeds, cooked, boiled, without salt	1.0 cup	159

Biscuits, plain or buttermilk, dry mix	1.0 cup, purchased	150
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cup	149
Beets, raw	1.0 cup	148
Beans, black turtle, mature seeds, canned	1.0 cup	146
Peanuts, all types, dry-roasted, without salt	1.0 cup	142
Okra, frozen, unprepared	0.33 package (10 oz)	141
Spinach, canned, regular pack, solids and liquids	1.0 cup	136
Asparagus, cooked, boiled, drained	0.5 cup	134
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	131
Beverages, Protein powder soy based	1.0 scoop	130
Nuts, hazelnuts or filberts	1.0 cup, chopped	130
Candies, confectioner's coating, peanut butter	1.0 cup chips	129
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	121
Cardoon, raw	1.0 cup, shredded	121
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cup	120
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	115
Beans, kidney, mature seeds, sprouted, raw	1.0 cup	109
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	105
Broccoli, frozen, chopped, unprepared	1.0 cup	105
Asparagus, canned, regular pack, solids and liquids	0.5 cup	104
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.0 cup	103
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cup	103
Cereals ready-to-eat, granola, homemade	1.0 cup	102
Noodles, egg, spinach, enriched, cooked	1.0 cup	102
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cup (1 NLEA serving)	100
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cup (1 NLEA serving)	100
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cup	97
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cup	95
Peas, green, raw	1.0 cup	94
Okra, frozen, cooked, boiled, drained, without salt	0.5 cup slices	92
Beans, baked, canned, with pork	1.0 cup	91
Jute, potherb, cooked, boiled, drained, without salt	1.0 cup	90
Nuts, chestnuts, european, raw, unpeeled	1.0 cup	90
Fast foods, english muffin, with egg, cheese, and canadian bacon	1.0 sandwich	89
Macaroni, vegetable, enriched, cooked	1.0 cup spiral shaped	87
Boysenberries, canned, heavy syrup	1.0 cup	87
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	86
Boysenberries, frozen, unsweetened	1.0 cup, unthawed	83
Garlic bread, frozen	1.0 slice presliced	80
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	79
Nuts, butternuts, dried	1.0 cup	79
Focaccia, Italian flatbread, plain	1.0 piece	79
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.)	78

Nuts, almonds, dry roasted, without salt added	1.0 cup whole kernels	76
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cup	75
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cup	75
Cream puff, eclair, custard or cream filled, iced	4.0 oz	75
Plantains, yellow, baked	1.0 cup	74
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	72
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cup	72
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cup	72
Beets, canned, regular pack, solids and liquids	1.0 cup	71
Mangos, raw	1.0 cup pieces	71
Oranges, raw, California, valencias	1.0 cup sections, without membranes	70
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cup, shredded	70
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cup, shredded	70
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	69
Squash, summer, zucchini, italian style, canned	1.0 cup	68
Fast Foods, biscuit, with egg and sausage	1.0 item	68
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	68
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1.0 cup	67
Balsam-pear (bitter gourd), pods, raw	1.0 cup (1/2" pieces)	67
Fast foods, croissant, with egg, cheese, and ham	1.0 item	65
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	64
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cup	64
Mollusks, mussel, blue, raw	1.0 cup	63
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cup	63
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cup spaghetti	63
Turnip greens, frozen, unprepared	0.5 cup, chopped or diced	61
Cabbage, chinese (pe-tsai), raw	1.0 cup, shredded	60
Fast foods, biscuit, with egg and bacon	1.0 biscuit	60
Pomegranate juice, bottled	1.0 cup	60
Plantains, yellow, raw	1.0 plantain	59
Spinach, raw	1.0 cup	58
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	58
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cup	58
Peas, edible-podded, frozen, unprepared	1.0 cup	58
POPEYES, biscuit	1.0 biscuit	55
Tomato products, canned, sauce, with onions	1.0 cup	54
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.0 cup	54
Brussels sprouts, raw	1.0 cup	54
Papayas, raw	1.0 cup 1" pieces	54
Vegetable juice cocktail, canned	1.0 cup	53
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1.0 serving	53
Soup, chicken noodle, dry, mix	1.0 packet	53
Bread, cheese	1.0 slice	51

Blackberries, frozen, unsweetened	1.0 cup, unthawed	51
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cup	51
Oranges, raw, with peel	1.0 cup	51
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cup, sliced	50
Bread, stuffing, cornbread, dry mix	1.0 oz	50
Celery, cooked, boiled, drained, without salt	1.0 cup, diced	50
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	49
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cup	49
Lemon juice, raw	1.0 cup	49
Tomato juice, canned, with salt added	1.0 cup	49
Tomato juice, canned, without salt added	1.0 cup	49
Cheese, feta	1.0 cup, crumbled	48
Bread, stuffing, dry mix	1.0 oz	48
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cup	47
Orange juice, chilled, includes from concentrate, with added calcium	1.0 cup	47
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	47
Yardlong bean, cooked, boiled, drained, without salt	1.0 cup slices	47
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	46
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cup	46
Teff, cooked	1.0 cup	45
Seeds, safflower seed meal, partially defatted	1.0 oz	45
Kiwifruit, green, raw	1.0 cup, sliced	45
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.0 cup	44
Drumstick pods, raw	1.0 cup slices	44
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cup drained, rinsed	44
Peas, edible-podded, raw	1.0 cup, chopped	41
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	41
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cup	41
Cress, garden, raw	1.0 cup	40
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	40
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	39
Squash, winter, butternut, cooked, baked, without salt	1.0 cup, cubes	39
Cracker, meal	1.0 oz	39
Squash, winter, butternut, frozen, cooked, boiled, without salt	1.0 cup, mashed	38
Loganberries, frozen	1.0 cup, unthawed	38
Tofu, raw, firm, prepared with calcium sulfate	0.5 cup	37
Cauliflower, green, raw	1.0 cup	36
Cowpeas, leafy tips, raw	1.0 cup, chopped	36
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cup	36
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	36
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cup, diced	36
Cheese, mozzarella, low moisture, part-skim	1.0 cup, diced	36
Bread, white wheat	1.0 slice	36
Endive, raw	0.5 cup, chopped	36
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cup	35
Water convolvulus, cooked, boiled, drained, with salt	1.0 cup, chopped	34
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	34
Onions, sweet, raw	1.0 NLEA serving	34

Seeds, lotus seeds, dried	1.0 cup	33
Oat flour, partially debranned	1.0 cup	33
Broccoli raab, raw	1.0 cup chopped	33
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	33
Passion-fruit, (granadilla), purple, raw	1.0 cup	33
Bread, protein (includes gluten)	1.0 oz	33
Squash, winter, hubbard, baked, with salt	1.0 cup, cubes	33
Wheat flour, white, all-purpose, unenriched	1.0 cup	32
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cup	32
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	32
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	31
Tangerines, (mandarin oranges), raw	1.0 cup, sections	31
Bread, rye	1.0 oz	31
Snacks, corn-based, extruded, onion-flavor	1.0 oz	31
Beans, snap, green, frozen, cooked, boiled, drained without salt	1.0 cup	31
Breadfruit, raw	1.0 cup	31
Cornmeal, whole-grain, white	1.0 cup	30
Onions, raw	1.0 cup, chopped	30
Sorghum flour, whole-grain	1.0 cup	30
Grapefruit, raw, pink and red, all areas	1.0 cup sections, with juice	30
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	30
Bread, white, commercially prepared, toasted	1.0 oz	29
Radishes, raw	1.0 cup slices	29
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cup	29
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	28
Fish, tilapia, raw	1.0 fillet	28
Cookies, sugar wafers with creme filling, regular	3.0 cookies	28
Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cup	28
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	28
Tomato products, canned, puree, with salt added	1.0 cup	28
Tomato products, canned, puree, without salt added	1.0 cup	28
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	27
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cup	27
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	27
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cup, mashed	27
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cup, mashed	27
Potatoes, scalloped, home-prepared with butter	1.0 cup	27
Bread, reduced-calorie, white	1.0 oz	27
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	27
Litchis, raw	1.0 cup	27
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	26
Fish, roe, mixed species, cooked, dry heat	1.0 oz	26
Bread, reduced-calorie, wheat	1.0 oz	26
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	26
Blueberries, wild, canned, heavy syrup, drained	1.0 cup	26
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	25
Rice flour, brown	1.0 cup	25
Cookies, molasses	1.0 oz	25
Burdock root, cooked, boiled, drained, without salt	1.0 cup (1" pieces)	25

Blackberry juice, canned	1.0 cup	25
Grapefruit juice, white, canned, sweetened	1.0 cup	25
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cup slices	25
Croissants, butter	1.0 oz	25
Bread, wheat	1.0 slice	25
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	24
Carrots, raw	1.0 cup chopped	24
Lime juice, raw	1.0 cup	24
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cup, mashed	24
Squash, winter, hubbard, cooked, boiled, mashed, without salt	1.0 cup, mashed	24
Snacks, potato chips, fat-free, made with olestra	1.0 oz	24
Biscuits, mixed grain, refrigerated dough	1.0 oz	24
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	24
Egg, whole, raw, fresh	1.0 large	24
Egg, whole, cooked, fried	1.0 large	23
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	23
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cup (1 NLEA serving)	23
Mushrooms, portabella, grilled	1.0 cup sliced	23
Bread, oat bran	1.0 oz	23
Cookies, shortbread, commercially prepared, plain	1.0 oz	23
Muffins, English, mixed-grain (includes granola)	1.0 oz	23
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	23
Soup, beef and vegetables, canned, ready-to-serve	1.0 cup	22
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cup	22
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cup	22
Tomato products, canned, sauce, with tomato tidbits	1.0 cup	22
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	22
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	22
Crackers, cheese, regular	0.5 oz	22
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	21
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	21
Croissants, cheese	1.0 oz	21
Grapefruit, raw, white, Florida	1.0 cup sections, with juice	21
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.0 oz	20
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	20
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	20
Cherries, sour, red, canned, light syrup pack, solids and liquids	1.0 cup	20
Onions, frozen, whole, unprepared	0.33 package (10 oz)	20
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	20
Chicory, witloof, raw	1.0 head	20
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cup (1 NLEA serving)	20
Cake, white, dry mix, special dietary (includes lemon-flavored)	1.0 oz	20
Danish pastry, cinnamon, enriched	1.0 oz	19
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cup	19
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	19
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	19
Cookies, chocolate chip, refrigerated dough	1.0 serving	19
Soup, beef noodle, canned, condensed	0.5 cup	19

Croutons, plain	0.5 oz	19
Yogurt, plain, low fat	1.0 container (6 oz)	19
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	18
Snacks, potato chips, barbecue-flavor	1.0 oz	18
Archway Home Style Cookies, Molasses	1.0 serving	18
Cookies, shortbread, commercially prepared, pecan	1.0 oz	18
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	18
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	18
Cookies, chocolate sandwich, with creme filling, special dietary	1.0 oz	18
Cheese, camembert	1.0 oz	18
Egg, whole, cooked, poached	1.0 large	18
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cup, cubes	17
Whey, sweet, dried	1.0 cup	17
Cookies, peanut butter sandwich, regular	1.0 oz	17
Bread, cracked-wheat	1.0 oz	17
Milk, sheep, fluid	1.0 cup	17
Archway Home Style Cookies, Iced Molasses	1.0 serving	17
Cereals, WHEATENA, cooked with water	1.0 cup	17
Danish pastry, cheese	1.0 oz	17
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	17
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	17
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	17
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cup	17
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cup	17
Cookies, oatmeal, commercially prepared, regular	1.0 oz	17
Liverwurst spread	0.25 cup	16
Pasta, dry, unenriched	1.0 cup spaghetti	16
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cup, diced	16
Croissants, apple	1.0 oz	16
Cookies, peanut butter, commercially prepared, regular	1.0 oz	16
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	16
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	16
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	16
Cheese, ricotta, part skim milk	0.5 cup	16
Blueberries, frozen, sweetened	1.0 cup, thawed	16
Carambola, (starfruit), raw	1.0 cup, cubes	16
Cheese, muenster	1.0 cup, diced	16
Sweet potato, canned, syrup pack, drained solids	1.0 cup	16
Bread, reduced-calorie, oatmeal	1.0 oz	16
Archway Home Style Cookies, Raspberry Filled	1.0 serving	16
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	15
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	15
Cookies, peanut butter sandwich, special dietary	1.0 oz	15
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	15

Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	15
Mollusks, oyster, eastern, farmed, raw	3.0 oz	15
Yogurt, fruit, low fat,9 g protein/8 oz	1.0 container (6 oz)	15
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	15
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	15
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	15
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	15
Bread, oatmeal, toasted	1.0 oz	15
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	15
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.25 cup	15
Croutons, seasoned	0.5 oz	15
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.0 cup	15
Rice, white, long-grain, regular, raw, unenriched	1.0 cup	15
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cup	15
Soup, onion, canned, condensed	0.5 cup (4 fl oz)	15
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cup	15
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cup	15
Crackers, standard snack-type, regular	5.0 crackers	15
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cup	15
Fish, pike, northern, cooked, dry heat	3.0 oz	14
Veal, shank (fore and hind), separable lean and fat, cooked, braised	3.0 oz	14
Currants, zante, dried	1.0 cup	14
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	14
Cookies, vanilla sandwich with creme filling	1.0 oz	14
Milk, dry, nonfat, calcium reduced	1.0 oz	14
Milk, buttermilk, dried	0.25 cup	14
Archway Home Style Cookies, Iced Oatmeal	1.0 serving	14
Archway Home Style Cookies, Date Filled Oatmeal	1.0 serving	14
Chicory roots, raw	1.0 root	14
Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry	1.0 serving	14
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.0 oz	14
Cookies, brownies, dry mix, sugar free	1.0 oz	14
Mollusks, octopus, common, raw	3.0 oz	14
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	14
Cheese, cottage, creamed, large or small curd	4.0 oz	14
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	14
Bread, whole-wheat, commercially prepared	1.0 slice	13
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	13
Cake, sponge, commercially prepared	1.0 oz	13
Cookies, chocolate wafers	1.0 oz	13
Bread, irish soda, prepared from recipe	1.0 oz	13
Cheese, swiss	1.0 cup, diced	13
Cheese, provolone	1.0 cup, diced	13
Carrots, canned, regular pack, drained solids	1.0 cup, sliced	13
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	13
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw meat)	13
Cereals, CREAM OF RICE, dry	0.25 cup (1 NLEA serving)	13

Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cup (not packed)	13
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	13
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	13
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	13
Kale, raw	1.0 cup	13
Crackers, wheat, regular	16.0 crackers 1 serving	13
Nabisco, Nabisco Grahams Crackers	1.0 serving	13
Potatoes, baked, skin, without salt	1.0 skin	13
Snacks, potato chips, fat free, salted	1.0 oz	13
Tomatoes, red, ripe, canned, stewed	1.0 cup	13
Veal, breast, whole, boneless, separable lean only, cooked, braised	3.0 oz	13
Fish, salmon, pink, canned, without salt, solids with bone and liquid	3.0 oz	13
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	13
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cup	13
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cup	12
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cup	12
Braunschweiger (a liver sausage), pork	1.0 oz	12
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	12
Cheese substitute, mozzarella	1.0 cup, shredded	12
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	12
Cheese, cottage, creamed, with fruit	4.0 oz	12
Egg substitute, powder	0.35 oz	12
Crackers, rusk toast	0.5 oz	12
Crackers, standard snack-type, sandwich, with peanut butter filling	0.5 oz	12
Milk, producer, fluid, 3.7% milkfat	1.0 cup	12
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	12
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	12
Peppers, pasilla, dried	1.0 pepper	12
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	12
Yogurt, plain, whole milk	1.0 container (6 oz)	12
Fish, cisco, raw	1.0 fillet	12
Barley flour or meal	1.0 cup	12
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	12
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cup (1 NLEA serving)	12
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	11
Kale, frozen, unprepared	1.0 cup	11
Snacks, potato sticks	1.0 oz	11
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	11
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	11
Potatoes, flesh and skin, raw	0.5 cup, diced	11
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cup, chopped or diced	11
Noodles, egg, unenriched, cooked, without added salt	1.0 cup	11
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	11
Noodles, egg, dry, unenriched	1.0 cup	11
Snacks, oriental mix, rice-based	1.0 oz	11
Cake, snack cakes, creme-filled, sponge	1.0 oz	11
Tree fern, cooked, without salt	0.5 cup, chopped	11
Bamboo shoots, raw	1.0 cup (1/2" slices)	11

Purslane, cooked, boiled, drained, without salt	1.0 cup	10
Cheese, blue	1.0 oz	10
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw meat)	10
Fish, haddock, raw	3.0 oz	10
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	10
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	10
Bologna, pork and turkey, lite	1.0 serving 2 oz	10
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	10
Cookies, oatmeal, with raisins	1.0 oz	10
Cookies, oatmeal, refrigerated dough	1.0 oz	10
Cookies, fig bars	1.0 oz	10
Cherries, sweet, canned, water pack, solids and liquids	1.0 cup, pitted	10
Carrots, canned, no salt added, solids and liquids	0.5 cup slices	10
Cheese spread, pasteurized process, American	1.0 cup, diced	10
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cup, chopped or diced	10
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	10
Pears, raw	1.0 cup, slices	10
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	10
Taro, tahitian, cooked, without salt	1.0 cup slices	10
Mountain yam, hawaii, raw	0.5 cup, cubes	10
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	10
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	9
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	9
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	9
Crackers, wheat, sandwich, with cheese filling	0.5 oz	9
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	9
Gooseberries, raw	1.0 cup	9
Currants, red and white, raw	1.0 cup	9
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	9
Snacks, pork skins, barbecue-flavor	1.0 oz	9
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	9
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	8
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	8
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	8
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	8
Fish, scup, cooked, dry heat	1.0 fillet	8
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	8
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	8
Fish, lingcod, cooked, dry heat	3.0 oz	8
Nuts, almond butter, plain, with salt added	1.0 tbsp	8
Cheese, pasteurized process, swiss	1.0 cup, diced	8
Onions, dehydrated flakes	1.0 tbsp	8
Cookies, brownies, prepared from recipe	1.0 oz	8
Seeds, sesame flour, low-fat	1.0 oz	8
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	8
Salami, pork, beef, less sodium	3.0 oz	8
Noodles, japanese, somen, dry	2.0 oz	8
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	8
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cup	8

Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	8
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cup, halves or slices	8
Cheese, mozzarella, whole milk	1.0 cup, shredded	8
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cup, unthawed	8
Pie, blueberry, commercially prepared	1.0 oz	8
Pie, cherry, commercially prepared	1.0 oz	8
Pie, banana cream, prepared from recipe	1.0 oz	8
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	8
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	8
Fish, grouper, mixed species, raw	3.0 oz	8
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	8
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	8
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	8
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	8
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	8
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	8
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	8
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	8
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	8
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	8
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	8
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw meat)	8
Peaches, canned, light syrup pack, solids and liquids	1.0 cup, halves or slices	8
Apricots, dried, sulfured, stewed, without added sugar	1.0 cup, halves	8
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cup	7
Crackers, rye, wafers, seasoned	0.5 oz	7
Beverages, V8 V-FUSION Juices, Peach Mango	1.0 serving 8 oz	7
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	7
Grapes, canned, thompson seedless, water pack, solids and liquids	1.0 cup	7
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cup	7
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cup	7
Peaches, canned, water pack, solids and liquids	1.0 cup, halves or slices	7
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	7
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cup	7
Chicken, gizzard, all classes, cooked, simmered	1.0 cup chopped or dice	7
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cup	7
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cup	7
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	7
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	7
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	7
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	7

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	7
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	7
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	7
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cup, diced	7
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cup slices	6
Soup, chicken gumbo, canned, condensed	0.5 cup (4 fl oz)	6
Cheese, parmesan, grated	1.0 cup	6
Turkey, ground, fat free, patties, broiled	3.0 oz	6
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	6
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	6
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	6
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	6
Egg, whole, cooked, omelet	1.0 tbsps	6
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	6
Beet greens, raw	1.0 cup	6
Sausage, pork and turkey, pre-cooked	1.0 serving	6
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cup	6
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	6
Cherries, sweet, raw	1.0 cup, with pits, yields	6
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	5
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.0 cup, halves	5
Purslane, raw	1.0 cup	5
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cup (1 NLEA serving)	5
Snacks, potato chips, made from dried potatoes, cheese-flavor	1.0 oz	5
Cake, cheesecake, commercially prepared	1.0 oz	5
Pie, fried pies, fruit	1.0 oz	5
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	5
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	5
Guinea hen, meat only, raw	3.0 oz	5
Fish, mahimahi, cooked, dry heat	3.0 oz	5
Squab, (pigeon), meat and skin, raw	3.0 oz	5
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	5
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	5
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	5
Mollusks, oyster, Pacific, raw	1.0 medium	5
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cup	5
Figs, canned, water pack, solids and liquids	1.0 cup	5
Cheese, ricotta, whole milk	0.5 cup	5
Soup, cream of chicken, canned, condensed, reduced sodium	0.5 cup	5
Soup, chicken, canned, chunky, ready-to-serve	1.0 cup	5
Soup, cream of shrimp, canned, prepared with equal volume water	1.0 cup	5
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	5

Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cup	5
Cream, fluid, light whipping	1.0 cup, whipped	5
Cream, fluid, heavy whipping	1.0 cup, whipped	5
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cup	5
Rice, white, long-grain, regular, cooked, unenriched, with salt	1.0 cup	5
Gravy, beef, canned, ready-to-serve	1.0 cup	5
Gravy, brown instant, dry	1.0 serving	5
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	5
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.0 oz	5
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	5
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cup	5
Sausage, turkey, hot, smoked	2.0 oz	4
Apricots, canned, heavy syrup, drained	1.0 cup, halves	4
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	4
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	4
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	4
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	4
Fish, tuna, white, canned in oil, drained solids	3.0 oz	4
Fish, salmon, chum, cooked, dry heat	3.0 oz	4
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	4
Fish, wolffish, Atlantic, raw	3.0 oz	4
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	4
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	4
Fish, herring, Pacific, raw	3.0 oz	4
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	4
Milk, canned, condensed, sweetened	1.0 fl oz	4
Garlic, raw	1.0 cup	4
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	4
Cheese, neufchatel	1.0 oz	4
Kanpyo, (dried gourd strips)	1.0 strip	4
Figs, raw	1.0 large (2-1/2" dia)	4
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	4
Rice, white, medium-grain, cooked, unenriched	1.0 cup	4
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cup	4
Grapes, american type (slip skin), raw	1.0 cup	4
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
Noodles, japanese, somen, cooked	1.0 cup	4
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
Gourd, white-flowered (calabash), raw	0.5 cup (1" pieces)	3
Nuts, coconut cream, raw (liquid expressed from grated meat)	1.0 tbsps	3
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	3
Fish, salmon, pink, canned, drained solids	3.0 oz	3
Pork, fresh, variety meats and by-products, brain, cooked, braised	3.0 oz	3
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	3
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	3

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	3
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	3
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	3
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	3
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	3
Sausage, Italian, sweet, links	1.0 link 3 oz	3
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	3
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	3
Spices, mustard seed, ground	1.0 tsp	3
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	3
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	1.0 cup	3
Frankfurter, meat	1.0 serving (1 hot dog)	3
Sesbania flower, raw	1.0 flower	3
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	3
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	3
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1.0 fl oz	3
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready-to-feed with ARA and DHA	1.0 fl oz	3
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	1.0 fl oz	3
Fish, bluefish, raw	1.0 fillet	3
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	3
Sausage, turkey, fresh, raw	1.0 serving	3
Cake, cherry fudge with chocolate frosting	1.0 oz	3
Fish, herring, Atlantic, raw	1.0 oz, boneless	3
Beerwurst, beer salami, pork and beef	2.0 oz	3
Fish, herring, Atlantic, pickled	1.0 cup	3
Beerwurst, pork and beef	1.0 serving 2 oz	3
Cranberry sauce, canned, sweetened	1.0 cup	3
Spices, thyme, dried	1.0 tsp, leaves	3
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cup	3
Nuts, coconut cream, canned, sweetened	1.0 tbsp	3
Cereals ready-to-eat, rice, puffed, fortified	1.0 cup	3
Cheese, mexican, queso chihuahua	1.0 cup, diced	3
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	3
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	3
Barbecue loaf, pork, beef	1.0 oz	3
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	3
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cup	3
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	3
Eggnog	1.0 cup	3
Bologna, chicken, turkey, pork	1.0 serving	3
Soup, cream of mushroom, canned, condensed	0.5 cup	3
Sauce, cheese, ready-to-serve	0.25 cup	3
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	3
Pears, canned, light syrup pack, solids and liquids	1.0 cup, halves	3
Tamarind nectar, canned	1.0 cup	3
Soup, cream of celery, canned, prepared with equal volume water	1.0 cup	2
Applesauce, canned, sweetened, without salt	1.0 cup	2

Soup, beef broth, bouillon, consomme, prepared with equal volume water	1.0 cup (8 fl oz)	2
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	8.0 fl oz	2
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	2
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	2
Nabisco, Nabisco Ritz Crackers	1.0 cracker	2
Fish, bluefish, cooked, dry heat	1.0 fillet	2
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	2
Bologna, meat and poultry	1.0 slice	2
Frankfurter, pork	1.0 link	2
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	2
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	2
Chicken, skin (drumsticks and thighs), raw	4.0 oz	2
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	2.0 oz 1 NLEA serving	2
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	2
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	2
Alcoholic beverage, pina colada, canned	1.0 fl oz	2
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.0 tbsp chopped	2
Arugula, raw	1.0 leaf	2
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	2
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	2
Orange peel, raw	1.0 tbsp	2
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cup (1 NLEA serving)	2
Snacks, rice cakes, brown rice, multigrain	1.0 cake	2
Cream, whipped, cream topping, pressurized	1.0 cup	2
Rice noodles, cooked	1.0 cup	2
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cup slices	2
Snacks, rice cakes, brown rice, corn	1.0 cake	2
Cheese, American, nonfat or fat free	1.0 serving	2
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	2
Fish, swordfish, cooked, dry heat	3.0 oz	2
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	2
Spices, nutmeg, ground	1.0 tsp	2
Cream, sour, reduced fat, cultured	1.0 tbsp	2
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	2
Spices, tarragon, dried	1.0 tsp, leaves	2
Spices, marjoram, dried	1.0 tsp	2
Dill weed, fresh	5.0 sprigs	2
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	1
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	1
Milk shakes, thick chocolate	1.0 fl oz	1
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	1
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	1
Veal, breast, separable fat, cooked	1.0 oz	1
Egg, white, raw, fresh	1.0 large	1
Cheese, cream	1.0 tbsp	1
Spices, mace, ground	1.0 tsp	1
Soup, chicken broth or bouillon, dry	1.0 cube	1
Soup, pea, green, canned, condensed	0.5 cup	1
Soup, chicken with rice, canned, condensed	0.5 cup	1

Parmesan cheese topping, fat free	1.0 tablespoon	1
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	1
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	1
Candies, MOUNDS Candy Bar	1.0 bar snack size	1
Bologna, pork, turkey and beef	1.0 oz	1
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	1
Spices, curry powder	1.0 tsp	1
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.0 tablespoon	1
Ham, honey, smoked, cooked	1.0 oz (1 serving)	1
Mushrooms, Chanterelle, raw	1.0 cup	1
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	1
Candies, truffles, prepared-from-recipe	1.0 piece	1
Spices, bay leaf	1.0 tsp, crumbled	1
Cream, fluid, half and half	1.0 fl oz	1
Fish, burbot, cooked, dry heat	1.0 fillet	1
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	1
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	1
Puddings, chocolate, ready-to-eat	1.0 oz	1
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	1
Fish, mackerel, spanish, raw	3.0 oz	1
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	1
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.0 oz	1
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	1
Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	1
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	1
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	1
Beverages, chocolate powder, no sugar added	2.0 tbsp	1
Frostings, coconut-nut, ready-to-eat	0.08 package	1
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	1
Cream, sour, cultured	1.0 tbsp	1
Salad dressing, mayonnaise, regular	1.0 tbsp	1
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	1
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	1
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	1.0 tbsp	1
Spices, turmeric, ground	1.0 tsp	1
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	1
Candies, caramels, chocolate-flavor roll	1.0 piece	1
Fish, cisco, smoked	1.0 oz	1
Salami, Italian, pork	1.0 oz	1
Bacon and beef sticks	1.0 oz	1