



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

Description	Measure	Iron, Fe(mg)Per Measure
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	16.24
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	16.2
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	16.18
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	15.01
Beans, pink, mature seeds, raw	1.0 cups	14.22
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	12.8
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	11.95
Beans, adzuki, mature seeds, raw	1.0 cups	9.81
Beans, black, mature seeds, raw	1.0 cups	9.74
Corn flour, yellow, masa, enriched	1.0 cups	9.69
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	9.66
Seeds, pumpkin and squash seed kernels, roasted, with	1.0 cups	9.52
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	9.39
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	9.18
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	9.13
Soybeans, green, raw	1.0 cups	9.09
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cups	8.41
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	8.4
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	8.36
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	7.83
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	7.83
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cups	7.51
Blueberries, wild, canned, heavy syrup, drained	1.0 cups	7.02
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	6.53
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	6.09
Wheat flour, white, bread, enriched	1.0 cups	6.04
Mollusks, mussel, blue, raw	1.0 cups	5.92
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	5.91

Wheat flour, white, all-purpose, enriched, calcium-	1.0 cups	5.8
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	5.78
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	5.47
Nuts, hazelnuts or filberts	1.0 cups, chopped	5.41
Beverages, Protein powder soy based	1.0 scoop	5.4
Sausage, turkey, hot, smoked	2.0 oz	5.38
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	5.3
Beans, black turtle, mature seeds, cooked, boiled, without	1.0 cups	5.27
Teff, cooked	1.0 cups	5.17
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	5.15
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	5.08
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	4.99
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	4.95
Mollusks, oyster, eastern, farmed, raw	3.0 oz	4.91
Liverwurst spread	0.25 cups	4.87
Nuts, butternuts, dried	1.0 cups	4.82
Cereals ready-to-eat, granola, homemade	1.0 cups	4.82
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	4.63
Beans, black turtle, mature seeds, canned	1.0 cups	4.56
Mollusks, octopus, common, raw	3.0 oz	4.5
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	4.5
Corn grain, white	1.0 cups	4.5
Tomato products, canned, puree, with salt added	1.0 cups	4.45
Tomato products, canned, puree, without salt added	1.0 cups	4.45
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	4.44
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	4.44
Asparagus, canned, drained solids	1.0 cups	4.43
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	4.37
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw meat)	4.31
Beans, baked, canned, with pork	1.0 cups	4.3
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	4.29
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	4.22
Cornmeal, whole-grain, white	1.0 cups	4.21
Lima beans, immature seeds, cooked, boiled, drained,	1.0 cups	4.17
Oat flour, partially debranned	1.0 cups	4.16
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	4.13
Potatoes, baked, skin, without salt	1.0 skin	4.08
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	4.03
Seeds, sesame flour, low-fat	1.0 oz	4.03
Barley flour or meal	1.0 cups	3.97

Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	3.85
Sorghum flour, whole-grain	1.0 cups	3.8
Passion-fruit, (granadilla), purple, raw	1.0 cups	3.78
Fast foods, biscuit, with egg and bacon	1.0 biscuit	3.74
Spinach, canned, regular pack, solids and liquids	1.0 cups	3.7
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	3.62
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	3.6
Macaroni, vegetable, enriched, dry	1.0 cups spiral shaped	3.6
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	3.53
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	3.53
Veal, Australian, shank, hind, bone-in, separable lean only,	4.0 oz	3.48
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cups	3.48
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	3.47
Tomatoes, red, ripe, canned, stewed	1.0 cups	3.39
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	3.35
Cherries, sour, red, canned, light syrup pack, solids and	1.0 cups	3.33
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	3.32
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	3.29
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	3.29
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	3.28
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	3.2
Turnip greens, frozen, cooked, boiled, drained, without	1.0 cups	3.18
Braunschweiger (a liver sausage), pork	1.0 oz	3.18
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw meat)	3.17
Rice flour, brown	1.0 cups	3.13
Fast Foods, biscuit, with egg and sausage	1.0 item	3.08
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	3.07
Squab, (pigeon), meat and skin, raw	3.0 oz	3.01
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	3.01
Pasta, dry, enriched	1.0 cups spaghetti	3
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	2.99
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	2.98
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	2.98

Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	2.95
Fast foods, english muffin, with egg, cheese, and canadian	1.0 sandwich	2.9
Peas, edible-podded, frozen, unprepared	1.0 cups	2.88
Candies, confectioner's coating, peanut butter	1.0 cups chips	2.86
Turnip greens and turnips, frozen, cooked, boiled, drained,	1.0 cups	2.85
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	2.82
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	2.82
Frankfurter, pork	1.0 link	2.81
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	2.77
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	2.75
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	2.75
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	2.73
Peas, mature seeds, sprouted, raw	1.0 cups	2.71
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	2.71
Currants, zante, dried	1.0 cups	2.71
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	2.7
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	2.7
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw meat)	2.68
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	2.61
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	2.6
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	2.57
Mollusks, oyster, Pacific, raw	1.0 medium	2.56
George Weston Bakeries, Brownberry Sage and Onion Stuffing Mix, dry	1.0 serving	2.55
Rowal, raw	0.5 cups	2.51
Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	4.0 oz	2.5
Edamame, frozen, unprepared	1.0 cups	2.49
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	2.45
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	2.45
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	2.45
Lima beans, immature seeds, frozen, fordhook,	1.0 cups	2.42
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	2.41
Grapes, canned, thompson seedless, water pack, solids	1.0 cups	2.4

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	2.38
Peanuts, valencia, oil-roasted, without salt	1.0 cups	2.38
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	2.36
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	2.35
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	2.35
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	2.34
Garlic, raw	1.0 cups	2.31
Peanuts, all types, dry-roasted, without salt	1.0 cups	2.31
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	2.3
Beef, ground, 90% lean meat / 10% fat, patty, cooked,	3.0 oz	2.3
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	2.29
Tomato products, canned, sauce, with onions	1.0 cups	2.28
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	2.24
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	2.21
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	2.21
Fast foods, croissant, with egg, cheese, and ham	1.0 item	2.17
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	2.16
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	2.16
Taro, tahitian, cooked, without salt	1.0 cups slices	2.14
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	2.14
Peas, green, raw	1.0 cups	2.13
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	2.11
Chicken, broilers or fryers, dark meat, meat only, cooked,	1.0 cups	2.09
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	2.06
Peas, edible-podded, raw	1.0 cups, chopped	2.04
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	2.03
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	2.02
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	2
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	2
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat,	3.0 oz	1.99
Pokeberry shoots, (poke), cooked, boiled, drained,	1.0 cups	1.98

Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8"	4.0 oz	1.98
Carissa, (natal-plum), raw	1.0 cups slices	1.97
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	1.95
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	1.91
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat,	3.0 oz	1.9
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	1.9
Soup, pea, green, canned, condensed	0.5 cups	1.89
Tamarind nectar, canned	1.0 cups	1.88
Mushrooms, Chanterelle, raw	1.0 cups	1.87
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	1.86
Sweet potato, canned, syrup pack, drained solids	1.0 cups	1.86
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	1.85
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	1.84
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8"	3.0 oz	1.84
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	1.83
Cookies, molasses	1.0 oz	1.82
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	1.81
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat,	3.0 oz	1.81
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	1.81
Soup, chicken noodle, dry, mix	1.0 packet	1.81
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	1.8
Focaccia, Italian flatbread, plain	1.0 piece	1.8
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	1.8
Beets, canned, regular pack, solids and liquids	1.0 cups	1.8
Chocolate, dark, 60-69% cacao solids	1.0 oz	1.79
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	1.78
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	1.78
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	1.77
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	1.77
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	1.77
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	1.76

Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	1.76
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	1.76
Soup, bean with bacon, condensed, single brand	1.0 serving 1/2 cups	1.75
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	1.75
Noodles, egg, spinach, enriched, cooked	1.0 cups	1.74
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat,	3.0 oz	1.74
Currants, european black, raw	1.0 cups	1.72
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	1.72
Fish, herring, Atlantic, pickled	1.0 cups	1.71
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	1.69
Martha White Foods, Martha White's Buttermilk Biscuit	1.0 serving	1.66
Pillsbury, Buttermilk Biscuits, Artificial Flavor, refrigerated	1.0 biscuit	1.66
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	1.66
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	1.66
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	1.66
Spices, turmeric, ground	1.0 tsp	1.65
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	1.64
Gravy, beef, canned, ready-to-serve	1.0 cups	1.63
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	1.63
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	1.62
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	1.62
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	1.6
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	1.59
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	1.59
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	1.58
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	1.57
Salami, pork, beef, less sodium	3.0 oz	1.55
Pork, fresh, variety meats and by-products, brain, cooked,	3.0 oz	1.55
Squash, summer, zucchini, italian style, canned	1.0 cups	1.54
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	1.54
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	1.53
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	1.53
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	1.52

Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	1.52
Pork, fresh, leg (ham), whole, separable lean only, cooked,	1.0 cups, diced	1.51
POPEYES, biscuit	1.0 biscuit	1.51
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	1.49
Plantains, yellow, raw	1.0 plantain	1.49
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	1.48
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	1.46
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	1.46
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	1.46
Wheat flour, white, all-purpose, unenriched	1.0 cups	1.46
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked,	3.0 oz	1.46
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.44
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	1.44
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	1.44
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	1.44
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	1.42
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	1.42
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	1.41
Groundcherries, (cape-gooseberries or poha), raw	1.0 cups	1.4
Potatoes, scalloped, home-prepared with butter	1.0 cups	1.4
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	1.39
Squash, winter, butternut, frozen, cooked, boiled, without	1.0 cups, mashed	1.39
Seeds, safflower seed meal, partially defatted	1.0 oz	1.38
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	1.38
Squash, winter, acorn, cooked, boiled, mashed, without	1.0 cups, mashed	1.37
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups, mashed	1.37
Bread, white wheat	1.0 slice	1.37
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	1.37
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	1.36
Snacks, tortilla chips, low fat, made with olestra, nacho	1.0 oz	1.36
Cereals, WHEATENA, cooked with water	1.0 cups	1.36
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	1.36
Oranges, raw, with peel	1.0 cups	1.36
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.35

Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	1.34
Cookies, sugar wafers with creme filling, regular	3.0 cookies	1.34
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	1.34
Cookies, chocolate sandwich, with creme filling, special	1.0 oz	1.34
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	1.33
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	1.33
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	1.33
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	1.33
Cracker, meal	1.0 oz	1.32
Garlic bread, frozen	1.0 slice presliced	1.31
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups, chopped	1.29
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	1.28
Whey, sweet, dried	1.0 cups	1.28
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	1.27
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	1.27
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	1.27
Broccoli, frozen, chopped, unprepared	1.0 cups	1.26
Cardoon, raw	1.0 cups, shredded	1.25
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	1.24
Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	1.24
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	1.24
Spices, thyme, dried	1.0 tsp, leaves	1.24
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	1.23
Fish, mahimahi, cooked, dry heat	3.0 oz	1.23
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	1.23
Brussels sprouts, raw	1.0 cups	1.23
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	1.23
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	1.23
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	1.23
Archway Home Style Cookies, Molasses	1.0 serving	1.22
Bread, pound cake type, pan de torta salvadoran	1.0 serving	1.21
Blackberries, frozen, unsweetened	1.0 cups, unthawed	1.21
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	1.2
Blackberry juice, canned	1.0 cups	1.2
Crustaceans, spiny lobster, mixed species, cooked, moist	3.0 oz	1.2
Bread, cheese	1.0 slice	1.2

Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	1.19
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	1.19
Breadfruit, raw	1.0 cups	1.19
Pasta, dry, unenriched	1.0 cups spaghetti	1.18
Pillsbury, Crusty French Loaf, refrigerated dough	1.0 serving	1.18
Bread, protein (includes gluten)	1.0 oz	1.18
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	1.18
Chicken, broilers or fryers, meat and skin, cooked, fried,	3.0 oz	1.17
Nabisco, Nabisco Grahams Crackers	1.0 serving	1.16
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	1.15
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	1.15
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	1.15
Archway Home Style Cookies, Iced Molasses	1.0 serving	1.15
Cookies, chocolate wafers	1.0 oz	1.14
Cranberry sauce, canned, sweetened	1.0 cups	1.14
Seeds, lotus seeds, dried	1.0 cups	1.13
Broccoli, frozen, chopped, cooked, boiled, drained,	1.0 cups	1.12
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	1.12
Currants, red and white, raw	1.0 cups	1.12
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	1.12
Boysenberries, canned, heavy syrup	1.0 cups	1.1
Soup, beef noodle, canned, condensed	0.5 cups	1.1
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	1.1
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4.0 oz	1.1
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	1.09
Beets, raw	1.0 cups	1.09
Beverages, Whey protein powder isolate	3.0 scoop	1.08
Bread, stuffing, dry mix	1.0 oz	1.08
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	1.08
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	1.08
Cream puff, eclair, custard or cream filled, iced	4.0 oz	1.07
Martha White Foods, Martha White's Chewy Fudge	1.0 serving	1.07
Keikitos (muffins), Latino bakery item	1.0 piece	1.06
Veal, shank (fore and hind), separable lean and fat,	3.0 oz	1.06
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	1.06
Snacks, corn-based, extruded, onion-flavor	1.0 oz	1.05
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	1.05
Bread, wheat	1.0 slice	1.04
Pork, fresh, enhanced, loin, tenderloin, separable lean	4.0 oz	1.04
Fish, burbot, cooked, dry heat	1.0 fillet	1.03

Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	1.03
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	1.02
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	1.02
Mission Foods, Mission Flour Tortillas, Soft Taco, 8 inch	1.0 serving	1.01
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	1.01
Snacks, potato chips, fat free, salted	1.0 oz	1.01
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	1.01
Beef, Australian, imported, grass-fed, seam fat, raw	4.0 oz	1.01
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	1
Sausage, Italian, sweet, links	1.0 link 3 oz	1
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	1
Continental Mills, Krusteaz Almond Poppysseed Muffin Mix, Artificially Flavored, dry	1.0 serving	0.99
Beet greens, raw	1.0 cups	0.98
Cheese, feta	1.0 cups, crumbled	0.97
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	0.97
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	0.97
Beerwurst, beer salami, pork and beef	2.0 oz	0.97
Beerwurst, pork and beef	1.0 serving 2 oz	0.97
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	0.96
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	0.96
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	0.96
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	0.96
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	0.96
Fish, herring, Pacific, raw	3.0 oz	0.95
Milk substitutes, fluid, with lauric acid oil	1.0 cups	0.95
Tomato juice, canned, without salt added	1.0 cups	0.95
Tomato juice, canned, with salt added	1.0 cups	0.95
Bread, white, commercially prepared, toasted	1.0 oz	0.94
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	0.94
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	0.94
Loganberries, frozen	1.0 cups, unthawed	0.94
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	0.94
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	0.93
Chicken, broilers or fryers, leg, meat and skin, cooked,	3.0 oz	0.93
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	0.92
Bread, stuffing, cornbread, dry mix	1.0 oz	0.92
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	0.92
Pork, cured, ham, rump, bone-in, separable lean only,	3.0 oz	0.92
Noodles, japanese, somen, cooked	1.0 cups	0.92

Bread, reduced-calorie, white	1.0 oz	0.9
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	0.9
Grapefruit juice, white, canned, sweetened	1.0 cups	0.9
Crackers, wheat, regular	16.0 crackers 1 serving	0.9
Blueberries, frozen, sweetened	1.0 cups, thawed	0.9
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	0.89
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	0.89
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	0.89
Beans, snap, green, frozen, cooked, boiled, drained	1.0 cups	0.89
Purslane, cooked, boiled, drained, without salt	1.0 cups	0.89
Bread, oat bran	1.0 oz	0.88
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	0.88
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	0.88
Egg, whole, raw, fresh	1.0 large	0.88
Egg, whole, cooked, poached	1.0 large	0.88
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	0.87
Egg, whole, cooked, fried	1.0 large	0.87
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	0.87
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	0.87
MORI-NU, Tofu, silken, firm	1.0 slice	0.87
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	0.86
Pork, cured, ham, rump, bone-in, separable lean and fat,	3.0 oz	0.86
Muffins, English, mixed-grain (includes granola)	1.0 oz	0.86
Broccoli raab, raw	1.0 cups chopped	0.86
Purslane, raw	1.0 cups	0.86
Cheese, pasteurized process, swiss	1.0 cups, diced	0.85
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	0.85
Pillsbury, Cinnamon Rolls with Icing, refrigerated dough	1.0 serving 1 roll with icing	0.85
Cookies, shortbread, commercially prepared, plain	1.0 oz	0.84
Pork, cured, ham, shank, bone-in, separable lean only,	3.0 oz	0.84
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	0.84
Bread, oatmeal, toasted	1.0 oz	0.83
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	0.83
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	0.83
Bread, reduced-calorie, wheat	1.0 oz	0.82
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	0.82
Cookies, fig bars	1.0 oz	0.82

Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	0.82
Asparagus, cooked, boiled, drained	0.5 cups	0.82
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	0.82
Spinach, raw	1.0 cups	0.81
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	0.81
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	0.81
Bread, rye	1.0 oz	0.8
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	0.8
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	0.8
Bread, cracked-wheat	1.0 oz	0.8
Bread, whole-wheat, commercially prepared	1.0 slice	0.79
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	0.79
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.78
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	0.78
Pork, cured, ham, shank, bone-in, separable lean and fat,	3.0 oz	0.78
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	0.78
Biscuits, mixed grain, refrigerated dough	1.0 oz	0.78
Spices, anise seed	1.0 tsp, whole	0.78
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	0.78
Apricots, canned, heavy syrup pack, with skin, solids and	1.0 cups, halves	0.77
Pillsbury, Chocolate Chip Cookies, refrigerated dough	1.0 serving 2 cookies	0.77
Cake, sponge, commercially prepared	1.0 oz	0.77
Bread, irish soda, prepared from recipe	1.0 oz	0.76
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	0.76
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	0.76
Fish, grouper, mixed species, raw	3.0 oz	0.76
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	0.76
Bamboo shoots, raw	1.0 cups (1/2" slices)	0.76
Noodles, japanese, somen, dry	2.0 oz	0.75
Sausage, pork and turkey, pre-cooked	1.0 serving	0.74
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	0.74
Pork, fresh, loin, whole, separable lean and fat, cooked,	3.0 oz	0.74
Cookies, peanut butter sandwich, regular	1.0 oz	0.74

Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cups	0.73
Asparagus, canned, regular pack, solids and liquids	0.5 cups	0.73
Cookies, oatmeal, commercially prepared, regular	1.0 oz	0.73
Potatoes, mashed, dehydrated, flakes without milk, dry	1.0 cups	0.73
Fish, bluefish, cooked, dry heat	1.0 fillet	0.73
Cookies, peanut butter sandwich, special dietary	1.0 oz	0.72
Noodles, egg, dry, unenriched	1.0 cups	0.72
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	0.72
Beverages, almond milk, sweetened, vanilla flavor, ready-	8.0 fl oz	0.72
Fish, bluefish, raw	1.0 fillet	0.72
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	0.72
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	0.72
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	0.72
Figs, canned, water pack, solids and liquids	1.0 cups	0.72
Onions, frozen, whole, cooked, boiled, drained, without	1.0 cups	0.71
Fish, salmon, pink, canned, without salt, solids with bone	3.0 oz	0.71
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	0.71
Vegetable juice cocktail, canned	1.0 cups	0.71
Veal, breast, whole, boneless, separable lean only,	3.0 oz	0.71
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	0.7
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	0.7
Kielbasa, Polish, turkey and beef, smoked	1.0 serving 2 oz	0.69
Crackers, cheese, regular	0.5 oz	0.69
Snacks, oriental mix, rice-based	1.0 oz	0.69
Cowpeas, leafy tips, raw	1.0 cups, chopped	0.69
Cookies, shortbread, commercially prepared, pecan	1.0 oz	0.69
Peppers, pasilla, dried	1.0 pepper	0.69
Cheese, provolone	1.0 cups, diced	0.69
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	0.68
Snacks, potato chips, fat-free, made with olestra	1.0 oz	0.68
Pork, Leg sirloin tip roast, boneless, separable lean and	3.0 oz	0.68
Chicken, dark meat, thigh, meat only, with added solution,	4.0 oz	0.68
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	0.68
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	0.67
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	0.67
Sausage, turkey, fresh, raw	1.0 serving	0.67
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	0.67
Turkey, ground, fat free, patties, broiled	3.0 oz	0.66
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	0.66
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.66
Squash, winter, hubbard, cooked, boiled, mashed, with	1.0 cups, mashed	0.66

Squash, winter, hubbard, cooked, boiled, mashed, without	1.0 cups, mashed	0.66
Cookies, chocolate chip, refrigerated dough	1.0 serving	0.66
Apricots, canned, heavy syrup, drained	1.0 cups, halves	0.66
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	0.66
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	0.66
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	0.65
Fish, salmon, pink, canned, drained solids	3.0 oz	0.65
Guinea hen, meat only, raw	3.0 oz	0.65
Bread, reduced-calorie, oatmeal	1.0 oz	0.65
Cookies, oatmeal, with raisins	1.0 oz	0.65
Cress, garden, raw	1.0 cups	0.65
Fish, tilapia, raw	1.0 fillet	0.65
Soup, cream of celery, canned, prepared with equal	1.0 cups	0.64
Crackers, standard snack-type, regular	5.0 crackers	0.64
Bologna, pork and turkey, lite	1.0 serving 2 oz	0.64
Snacks, potato sticks	1.0 oz	0.64
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.64
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	0.64
Cookies, sugar, commercially prepared, regular (includes	1.0 oz	0.64
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	0.63
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	0.63
Cookies, vanilla sandwich with creme filling	1.0 oz	0.63
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups, cubes	0.62
Kale, frozen, unprepared	1.0 cups	0.62
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	0.62
Cheese, mexican, queso chihuahua	1.0 cups, diced	0.62
Archway Home Style Cookies, Iced Oatmeal	1.0 serving	0.61
Croissants, cheese	1.0 oz	0.61
Potatoes, flesh and skin, raw	0.5 cups, diced	0.61
Cookies, oatmeal, refrigerated dough	1.0 oz	0.61
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	0.6
Fish, pike, northern, cooked, dry heat	3.0 oz	0.6
Fish, salmon, chum, cooked, dry heat	3.0 oz	0.6
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	0.6
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	0.6
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	0.6
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	0.6
Cookies, peanut butter, commercially prepared, regular	1.0 oz	0.6
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	0.6
Litchis, raw	1.0 cups	0.59
Archway Home Style Cookies, Raspberry Filled	1.0 serving	0.58

Croutons, plain	0.5 oz	0.58
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	0.58
Ice creams, BREYERS, All Natural Light French Chocolate	1.0 serving 1/2 cups	0.58
Croissants, butter	1.0 oz	0.58
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution)	1.0 cups	0.57
Frankfurter, meat	1.0 serving (1 hot dog)	0.57
Archway Home Style Cookies, Date Filled Oatmeal	1.0 serving	0.56
Cake, white, dry mix, special dietary (includes lemon-	1.0 oz	0.56
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	0.56
Candies, fudge, chocolate, with nuts, prepared-from-	1.0 oz	0.56
Nuts, almond butter, plain, with salt added	1.0 tbsp	0.56
Kiwifruit, green, raw	1.0 cups, sliced	0.56
Danish pastry, cinnamon, enriched	1.0 oz	0.56
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.55
Fish, tuna, white, canned in oil, drained solids	3.0 oz	0.55
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.55
Cheese, ricotta, part skim milk	0.5 cups	0.55
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	0.54
Okra, frozen, unprepared	0.33 package (10 oz)	0.54
Cheese, muenster	1.0 cups, diced	0.54
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	0.54
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	0.54
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	0.54
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	0.53
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	0.53
Spices, savory, ground	1.0 tsp	0.53
Soup, beef broth, bouillon, consomme, prepared with equal volume water	1.0 cups (8 fl oz)	0.53
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.53
Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	1.0 serving 3.5 fl oz bar	0.53
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	0.52
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	0.52
Cookies, brownies, prepared from recipe	1.0 oz	0.52
Bacon and beef sticks	1.0 oz	0.52
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.51

Soup, cream of shrimp, canned, prepared with equal	1.0 cups	0.51
Danish pastry, cheese	1.0 oz	0.51
Eggnog	1.0 cups	0.51
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.51
Cherries, sweet, raw	1.0 cups, with pits, yields	0.5
Spices, marjoram, dried	1.0 tsp	0.5
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.5
Gravy, brown instant, dry	1.0 serving	0.5
Cheese, mozzarella, whole milk	1.0 cups, shredded	0.49
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	0.49
Cheese, parmesan, grated	1.0 cups	0.49
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS	1.0 serving	0.48
Mushrooms, portabella, grilled	1.0 cups sliced	0.48
Puddings, chocolate, dry mix, regular, prepared with	0.5 cups	0.48
Chicory roots, raw	1.0 root	0.48
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	0.48
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	0.48
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	0.47
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	0.47
Cauliflower, green, raw	1.0 cups	0.47
Gooseberries, raw	1.0 cups	0.47
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.46
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	0.46
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	0.46
Cheese spread, pasteurized process, American	1.0 cups, diced	0.46
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	0.46
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.46
Snacks, potato chips, made from dried potatoes, cheese-	1.0 oz	0.45
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat,	1.0 oz	0.45
Cheese substitute, mozzarella	1.0 cups, shredded	0.45
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.45
Onions, frozen, whole, unprepared	0.33 package (10 oz)	0.44
Crackers, rye, wafers, seasoned	0.5 oz	0.43
Cookies, brownies, dry mix, sugar free	1.0 oz	0.43
Salami, Italian, pork	1.0 oz	0.43

Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	0.43
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.43
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	0.43
Potatoes, roasted, salt added in processing, frozen,	3.0 oz	0.42
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.42
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	0.42
Chicken, skin (drumsticks and thighs), raw	4.0 oz	0.42
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	0.42
Heinz, Weight Watcher, Chocolate Eclair, frozen	1.0 éclair, frozen	0.41
Bologna, meat and poultry	1.0 slice	0.41
Baking chocolate, MARS SNACKFOOD US, M & M's Semisweet Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	0.41
Cake, coffeecake, cinnamon with crumb topping, dry mix,	1.0 oz	0.41
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	0.4
Croutons, seasoned	0.5 oz	0.4
Balsam-pear (bitter gourd), pods, raw	1.0 cups (1/2" pieces)	0.4
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	0.4
Infant formula, GERBER, GOOD START 2 Soy, with iron,	1.0 fl oz	0.4
Infant Formula, GERBER GOOD START 2, GENTLE PLUS,	1.0 fl oz	0.4
Candies, MOUNDS Candy Bar	1.0 bar snack size	0.4
Candies, YORK Peppermint Pattie	1.0 patty 1.5 oz	0.4
Radishes, raw	1.0 cups slices	0.39
Crackers, standard snack-type, sandwich, with peanut	0.5 oz	0.39
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.39
Snacks, tortilla chips, ranch-flavor	1.0 oz	0.39
Plantains, yellow, baked	1.0 cups	0.39
Crackers, rusk toast	0.5 oz	0.39
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8"	1.0 oz	0.39
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.39
Snacks, potato chips, barbecue-flavor	1.0 oz	0.39
Cake, snack cakes, creme-filled, sponge	1.0 oz	0.39
Onions, sweet, raw	1.0 NLEA serving	0.38
Carrots, raw	1.0 cups chopped	0.38
Fish, swordfish, cooked, dry heat	3.0 oz	0.38
Spices, curry powder	1.0 tsp	0.38
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	0.38
Fish, mackerel, spanish, raw	3.0 oz	0.37
Crackers, wheat, sandwich, with cheese filling	0.5 oz	0.37

Rice, white, medium-grain, cooked, unenriched	1.0 cups	0.37
Beverages, V8 V-FUSION Juices, Peach Mango	1.0 serving 8 oz	0.37
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cups	0.37
Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	1.0 serving 1.75 fl oz pop	0.37
Beverages, V8 SPLASH Smoothies, Strawberry Banana	1.0 serving 8 oz	0.37
Beverages, V8 SPLASH Smoothies, Peach Mango	1.0 serving 8 oz	0.37
Candies, YORK BITES	15.0 pieces	0.37
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	0.37
Papayas, raw	1.0 cups 1" pieces	0.36
Puddings, chocolate, ready-to-eat	1.0 oz	0.36
Drumstick pods, raw	1.0 cups slices	0.36
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	0.36
Beverages, chocolate powder, no sugar added	2.0 tbsp	0.36
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	0.36
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	0.36
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	0.36
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25%	2.0 oz 1 NLEA serving	0.36
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat,	1.0 oz	0.36
Spices, ginger, ground	1.0 tsp	0.36
Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	1.0 serving 1/2 cups	0.35
Fish, lingcod, cooked, dry heat	3.0 oz	0.35
Pie, fried pies, fruit	1.0 oz	0.35
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.34
Nuts, coconut cream, raw (liquid expressed from grated	1.0 tbsp	0.34
Spices, caraway seed	1.0 tsp	0.34
Bologna, pork, turkey and beef	1.0 oz	0.34
Fish, scup, cooked, dry heat	1.0 fillet	0.34
Crackers, standard snack-type, sandwich, with cheese	0.5 oz	0.34
Onions, raw	1.0 cups, chopped	0.34
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	0.34
Kale, raw	1.0 cups	0.34
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.33
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	0.33
Barbecue loaf, pork, beef	1.0 oz	0.33
Bologna, chicken, turkey, pork	1.0 serving	0.32
Orange juice, chilled, includes from concentrate, with	1.0 cups	0.32

Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	0.32
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	0.32
Kanpyo, (dried gourd strips)	1.0 strip	0.32
Rice, white, long-grain, regular, cooked, unenriched, with	1.0 cups	0.32
Fish, cisco, raw	1.0 fillet	0.32
Soup, chicken with rice, canned, condensed	0.5 cups	0.32
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	0.31
Egg substitute, powder	0.35 oz	0.31
Cake, cherry fudge with chocolate frosting	1.0 oz	0.31
Croissants, apple	1.0 oz	0.31
Fish, herring, Atlantic, raw	1.0 oz, boneless	0.31
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	0.31
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.0 bar 1.55 oz	0.31
Mountain yam, hawaii, raw	0.5 cups, cubes	0.3
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	0.3
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	0.3
Applesauce, canned, sweetened, without salt	1.0 cups	0.3
Pie, banana cream, prepared from recipe	1.0 oz	0.29
Snacks, pork skins, barbecue-flavor	1.0 oz	0.29
Cheese food, pasteurized process, American, vitamin D	1.0 cups	0.29
Tangerines, (mandarin oranges), raw	1.0 cups, sections	0.29
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	0.29
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	0.29
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	0.28
Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	1.0 serving 13 pieces	0.28
POPEYES, Coleslaw	1.0 package	0.28
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	0.27
Grapes, american type (slip skin), raw	1.0 cups	0.27
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	0.27
Mangos, raw	1.0 cups pieces	0.26
Spices, bay leaf	1.0 tsp, crumbled	0.26
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	0.26
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	0.25
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	0.25
Pears, raw	1.0 cups, slices	0.25
Parmesan cheese topping, fat free	1.0 tablespoon	0.25
Pomegranate juice, bottled	1.0 cups	0.25
Soup, cream of chicken, canned, condensed, reduced	0.5 cups	0.25
Fish, pollock, Alaska, cooked	3.0 oz	0.25
Rice noodles, cooked	1.0 cups	0.25
Milk, sheep, fluid	1.0 cups	0.24

Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	0.24
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	0.24
Figs, raw	1.0 large (2-1/2" dia)	0.24
Spices, mace, ground	1.0 tsp	0.24
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	0.24
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	0.23
Soup, cream of mushroom, canned, condensed	0.5 cups	0.23
Egg, whole, cooked, omelet	1.0 tbsp	0.22
Syrups, table blends, pancake, with 2% maple, with added potassium	1.0 cups	0.22
Candies, TWIZZLERS CHERRY BITES	18.0 pieces	0.22
Fish, roe, mixed species, cooked, dry heat	1.0 oz	0.22
Lime juice, raw	1.0 cups	0.22
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	0.22
Spices, cinnamon, ground	1.0 tsp	0.22
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	0.22
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	0.22
Ham, honey, smoked, cooked	1.0 oz (1 serving)	0.21
Snacks, fruit leather, rolls	1.0 large	0.21
Pork sausage, link/patty, fully cooked, unheated	1.0 link	0.21
Sweeteners, for baking, brown, contains sugar and	1.0 tbsp	0.21
Candies, truffles, prepared-from-recipe	1.0 piece	0.21
Endive, raw	0.5 cups, chopped	0.21
Frostings, coconut-nut, ready-to-eat	0.08 package	0.21
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	0.2
Lemon juice, raw	1.0 cups	0.2
Spices, tarragon, dried	1.0 tsp, leaves	0.19
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	0.19
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	0.18
Spices, mustard seed, ground	1.0 tsp	0.18
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	0.18
Cheese, cottage, creamed, with fruit	4.0 oz	0.18
Cheese, pasteurized process, American, fortified with	1.0 oz	0.18
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	0.18
Cake, cheesecake, commercially prepared	1.0 oz	0.18
Snacks, rice cakes, brown rice, multigrain	1.0 cake	0.18
Baking chocolate, MARS SNACKFOOD US, M & M's Milk Chocolate Mini Baking Bits	1.0 serving 0.5 oz, about 1 tbsp	0.17
Cheese, swiss	1.0 cups, diced	0.17
Oranges, raw, California, valencias	1.0 cups sections, without membranes	0.16
Cheese, ricotta, whole milk	0.5 cups	0.16

Cheese, cottage, lowfat, 1% milkfat	4.0 oz	0.16
Veal, breast, whole, boneless, separable lean and fat, raw	1.0 oz	0.15
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.15
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	0.15
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	0.15
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	0.15
Nabisco, Nabisco Ritz Crackers	1.0 cracker	0.15
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	0.15
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	0.15
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	0.15
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	0.15
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	0.14
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	0.14
Fish, haddock, raw	3.0 oz	0.14
Fish, cisco, smoked	1.0 oz	0.14
Pie, cherry, commercially prepared	1.0 oz	0.14
Yogurt, plain, low fat	1.0 container (6 oz)	0.14
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	0.14
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	0.14
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	0.13
Sauce, cheese, ready-to-serve	0.25 cups	0.13
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	0.13
Veal, breast, separable fat, cooked	1.0 oz	0.13
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	0.13
Chicory, witloof, raw	1.0 head	0.13
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	0.12
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	0.12
Milk, producer, fluid, 3.7% milkfat	1.0 cups	0.12
Cream, fluid, heavy whipping	1.0 cups, whipped	0.12
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	0.12
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	0.12

Grapefruit, raw, white, Florida	1.0 cups sections, with juice	0.12
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	0.12
Tree fern, cooked, without salt	0.5 cups, chopped	0.11
Papaya, canned, heavy syrup, drained	1.0 piece	0.11
Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	0.11
Carambola, (starfruit), raw	1.0 cups, cubes	0.11
Snacks, rice cakes, brown rice, corn	1.0 cake	0.11
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	0.1
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	0.1
Milk, dry, nonfat, regular, without added vitamin A and	0.25 cups	0.1
Salad dressing, russian dressing, low calorie	1.0 tablespoon	0.1
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	0.09
Syrups, table blends, pancake	1.0 cups	0.09
Cheese, camembert	1.0 oz	0.09
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	0.09
Longans, dried	1.0 fruit	0.09
Milk, dry, nonfat, calcium reduced	1.0 oz	0.09
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	0.09
Milk, buttermilk, dried	0.25 cups	0.09
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	0.09
Milk shakes, thick chocolate	1.0 fl oz	0.09
Cheese, blue	1.0 oz	0.09
Pie, blueberry, commercially prepared	1.0 oz	0.09
Yogurt, plain, whole milk	1.0 container (6 oz)	0.09
Alcoholic beverage, wine, table, white	1.0 fl oz	0.08
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	0.08
Cheese, cottage, creamed, large or small curd	4.0 oz	0.08
Onions, dehydrated flakes	1.0 tbsp	0.08
Apples, raw, without skin	1.0 cups slices	0.08
Fish, wolffish, Atlantic, raw	3.0 oz	0.08
Oil, olive, salad or cooking	1.0 tablespoon	0.08
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	0.07
Milk, canned, condensed, sweetened	1.0 fl oz	0.07
Salad dressing, mayonnaise, soybean and safflower oil,	1.0 tablespoon	0.07
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	0.07
Flan, caramel custard, dry mix	1.0 package (3 oz)	0.07
Spices, nutmeg, ground	1.0 tsp	0.07
Dill weed, fresh	5.0 sprigs	0.07
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	0.06
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	0.06
Candies, caramels, chocolate-flavor roll	1.0 piece	0.05

Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	0.05
Orange peel, raw	1.0 tbsp	0.05
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	0.05
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	0.05
Onions, frozen, chopped, cooked, boiled, drained, without	1.0 tbsp chopped	0.04
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.04
Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.04
Soup, chicken broth or bouillon, dry	1.0 cube	0.04
Ice creams, BREYERS, All Natural Light Vanilla	1.0 serving 1/2 cups	0.04
Cheese, neufchatel	1.0 oz	0.04
Cream, fluid, light whipping	1.0 cups, whipped	0.04
Beverages, Whiskey sour mix, bottled	1.0 fl oz	0.04
Whiskey sour mix, bottled, with added potassium and	1.0 fl oz	0.04
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	1.0 fl oz	0.03
Dessert topping, powdered, 1.5 ounce prepared with 1/2	1.0 cups	0.03
Cream, whipped, cream topping, pressurized	1.0 cups	0.03
Arugula, raw	1.0 leaf	0.03
Salad dressing, mayonnaise, regular	1.0 tbsp	0.03
Salad dressing, french, home recipe	1.0 tablespoon	0.03
Egg, white, raw, fresh	1.0 large	0.03
Sesbania flower, raw	1.0 flower	0.03
Nuts, coconut cream, canned, sweetened	1.0 tbsp	0.02
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	0.02
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	0.02
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	0.02
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	1.0 tbsp	0.02
Cheese, cream	1.0 tbsp	0.02
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	0.02
Grapes, muscadine, raw	1.0 grape	0.02
Cream, fluid, half and half	1.0 fl oz	0.02
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.01
Dessert topping, pressurized	1.0 cups	0.01
Olives, pickled, canned or bottled, green	1.0 olive	0.01
Dessert topping, powdered	1.0 oz	0.01
Ginger root, raw	1.0 tsp	0.01
Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	1.0 fl oz	0.01
Cream, sour, reduced fat, cultured	1.0 tbsp	0.01
Alcoholic beverage, pina colada, canned	1.0 fl oz	0.01
Beverages, Propel Zero, fruit-flavored, non-carbonated	1.0 fl oz	0.01
Cream, sour, cultured	1.0 tbsp	0.01
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	0.01
Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	1.0 fl oz	0.01

Margarine-like, margarine-butter blend, soybean oil and	1.0 tbsp	0.01
Vanilla extract	1.0 tsp	0.01