



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

Description	Measure	Phosphorus, P(mg)Per Measure
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	1552
Seeds, sunflower seed kernels, oil roasted, without	1.0 cups	1538
Seeds, pumpkin and squash seed kernels, roasted,	1.0 cups	1385
Whey, sweet, dried	1.0 cups	1351
Cheese spread, pasteurized process, American	1.0 cups, diced	1225
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cups	1107
Cheese, pasteurized process, swiss	1.0 cups, diced	1067
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	945
Beans, pink, mature seeds, raw	1.0 cups	872
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	860
Cheese, swiss	1.0 cups, diced	758
Beans, adzuki, mature seeds, raw	1.0 cups	751
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	723
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	702
Beans, black, mature seeds, raw	1.0 cups	683
Cheese substitute, mozzarella	1.0 cups, shredded	659
Cheese, provolone	1.0 cups, diced	655
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	650
Cheese, parmesan, grated	1.0 cups	627
Cheese, muenster	1.0 cups, diced	618
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	601
Cheese, mexican, queso chihuahua	1.0 cups, diced	583
Beverages, Protein powder soy based	1.0 scoop	572
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	565
Nuts, butternuts, dried	1.0 cups	535
Rice flour, brown	1.0 cups	532
Peanuts, all types, dry-roasted, without salt	1.0 cups	530
Cereals ready-to-eat, granola, homemade	1.0 cups	526
Candies, confectioner's coating, peanut butter	1.0 cups chips	521
Cheese, feta	1.0 cups, crumbled	506
Fast Foods, biscuit, with egg and sausage	1.0 item	505
Beverages, Whey protein powder isolate	3.0 scoop	500

Soybeans, green, raw	1.0 cups	497
Cheese food, pasteurized process, American,	1.0 cups	495
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	475
Oat flour, partially debranned	1.0 cups	470
Peanuts, valencia, oil-roasted, without salt	1.0 cups	459
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	447
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	441
Barley flour or meal	1.0 cups	438
Cheese, mozzarella, whole milk	1.0 cups, shredded	396
Fish, flatfish (flounder and sole species), cooked, dry	1.0 fillet	392
Milk, sheep, fluid	1.0 cups	387
Pork, fresh, leg (ham), whole, separable lean only,	1.0 cups, diced	379
Corn grain, white	1.0 cups	349
Fast foods, croissant, with egg, cheese, and ham	1.0 item	343
Fish, bluefish, raw	1.0 fillet	340
Fish, bluefish, cooked, dry heat	1.0 fillet	340
Sorghum flour, whole-grain	1.0 cups	336
Nuts, hazelnuts or filberts	1.0 cups, chopped	334
Pork, fresh, enhanced, loin, tenderloin, separable	4.0 oz	328
Fish, cod, Pacific, raw (may have been previously	1.0 fillet	326
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	323
Fish, salmon, pink, canned, drained solids	3.0 oz	322
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	312
Fish, salmon, chum, cooked, dry heat	3.0 oz	309
Teff, cooked	1.0 cups	302
Mollusks, mussel, blue, raw	1.0 cups	296
Cornmeal, whole-grain, white	1.0 cups	294
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	293
Milk, dry, nonfat, regular, without added vitamin A	0.25 cups	290
Milk, dry, nonfat, calcium reduced	1.0 oz	287
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	286
Soybeans, green, cooked, boiled, drained, without	1.0 cups	284
Beans, black turtle, mature seeds, cooked, boiled,	1.0 cups	281
Milk, buttermilk, dried	0.25 cups	280
Fish, salmon, pink, canned, without salt, solids with	3.0 oz	280
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw meat)	277
Eggnog	1.0 cups	277
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	276

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	276
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	276
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	276
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	274
Beans, baked, canned, with pork	1.0 cups	273
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	273
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	273
Biscuits, plain or buttermilk, refrigerated dough,	1.0 biscuit	273
Salami, pork, beef, less sodium	3.0 oz	272
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	265
Corn flour, yellow, masa, enriched	1.0 cups	263
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	263
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	263
Chicken, broilers or fryers, dark meat, meat only,	1.0 cups	262
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked,	3.0 oz	259
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked,	3.0 oz	259
Beans, black turtle, mature seeds, canned	1.0 cups	259
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	259
Fish, swordfish, cooked, dry heat	3.0 oz	258
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	255
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	253
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	252
Fast foods, english muffin, with egg, cheese, and	1.0 sandwich	252
Yogurt, plain, low fat	1.0 container (6 oz)	245
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	242
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	241
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	241
Fish, pike, northern, cooked, dry heat	3.0 oz	240
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	240
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	240
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	239
Fast foods, biscuit, with egg and bacon	1.0 biscuit	238

Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4.0 oz	238
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	237
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	236
Fish, burbot, cooked, dry heat	1.0 fillet	230
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select,	3.0 oz	228
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	228
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	227
Fish, tuna, white, canned in oil, drained solids	3.0 oz	227
Pork, cured, ham, rump, bone-in, separable lean	3.0 oz	227
Milk, producer, fluid, 3.7% milkfat	1.0 cups	227
Cheese, ricotta, part skim milk	0.5 cups	227
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	226
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	226
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	225
Pork, fresh, leg (ham), whole, separable lean and	4.0 oz	225
Turkey, ground, fat free, patties, broiled	3.0 oz	224
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	224
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	222
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	221
Lima beans, immature seeds, cooked, boiled,	1.0 cups	221
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	220
Turkey, ground, 93% lean, 7% fat, pan-broiled	3.0 oz	220
Fish, lingcod, cooked, dry heat	3.0 oz	219
Pork, cured, ham, shank, bone-in, separable lean	3.0 oz	219
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	218
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	218
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	217
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	215
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	215
Seeds, sesame flour, low-fat	1.0 oz	215
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	214
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all	4.0 oz	214
Pork, cured, ham, rump, bone-in, separable lean and	3.0 oz	213
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	213

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	212
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	212
Ham, honey, smoked, cooked	1.0 oz (1 serving)	211
Squab, (pigeon), meat and skin, raw	3.0 oz	211
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw meat)	210
Pork, fresh, loin, whole, separable lean and fat,	3.0 oz	209
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	209
Garlic, raw	1.0 cups	208
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	208
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	207
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	207
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	207
Pork, cured, ham, shank, bone-in, separable lean	3.0 oz	207
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	206
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	204
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	203
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	202
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	202
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat,	3.0 oz	201
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	201
Seeds, lotus seeds, dried	1.0 cups	200
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	199
Peas, mature seeds, sprouted, raw	1.0 cups	198
Chicken, dark meat, thigh, meat only, with added	4.0 oz	198
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	197
Pork, Leg sirloin tip roast, boneless, separable lean	3.0 oz	197
Fish, tilapia, raw	1.0 fillet	197
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	196
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	195
Crustaceans, spiny lobster, mixed species, cooked,	3.0 oz	195
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	194

Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	194
Fish, herring, Pacific, raw	3.0 oz	194
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked,	3.0 oz	193
Fish, haddock, raw	3.0 oz	193
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	193
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	193
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	192
Veal, shank (fore and hind), separable lean and fat,	3.0 oz	191
Cheese, ricotta, whole milk	0.5 cups	191
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8"	3.0 oz	190
Edamame, frozen, unprepared	1.0 cups	190
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	189
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	188
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed	3.0 oz	188
Pork, fresh, variety meats and by-products, brain,	3.0 oz	187
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	187
Apricots, dehydrated (low-moisture), sulfured,	1.0 cups	187
POPEYES, biscuit	1.0 biscuit	185
Yogurt, fruit, low fat,9 g protein/8 oz	1.0 container (6 oz)	185
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	184
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	184
Turkey, whole, dark meat, meat and skin, cooked,	3.0 oz	183
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	182
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8"	3.0 oz	182
Cheese, pasteurized process, American, fortified	1.0 oz	182
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	181
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	181
Seeds, safflower seed meal, partially defatted	1.0 oz	181
Milk substitutes, fluid, with lauric acid oil	1.0 cups	181
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	180
Cheese, cottage, creamed, large or small curd	4.0 oz	180
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades,	3.0 oz	179
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	179

Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw meat)	178
Soup, pea, split with ham, canned, chunky, ready-to-	1.0 cups	178
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	177
Veal, breast, whole, boneless, separable lean only,	3.0 oz	177
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	176
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to	3.0 oz	176
Fish, pollock, Alaska, cooked	3.0 oz	175
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	174
Fish, mackerel, spanish, raw	3.0 oz	174
Beverages, Meal supplement drink, canned, peanut	1.0 cups	174
Pasta, dry, unenriched	1.0 cups spaghetti	172
Pasta, dry, enriched	1.0 cups spaghetti	172
Beef, ground, 90% lean meat / 10% fat, patty,	3.0 oz	172
Chicken, broilers or fryers, leg, meat and skin,	3.0 oz	172
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	171
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	171
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	171
Lima beans, immature seeds, frozen, baby,	1.0 cups	171
Fish, wolffish, Atlantic, raw	3.0 oz	170
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	170
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat,	3.0 oz	170
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	170
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	170
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only,	4.0 oz	170
Turkey, all classes, leg, meat and skin, cooked,	3.0 oz	169
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed	3.0 oz	169
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	167
Bread, pound cake type, pan de torta salvadoran	1.0 serving	165
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	165
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	165
Mushrooms, portabella, grilled	1.0 cups sliced	163
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	162

Chicken, broilers or fryers, meat and skin, cooked,	3.0 oz	162
Yogurt, plain, whole milk	1.0 container (6 oz)	162
Passion-fruit, (granadilla), purple, raw	1.0 cups	160
Orange juice, frozen concentrate, unsweetened,	1.0 cups	160
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	160
Peaches, dehydrated (low-moisture), sulfured,	1.0 cups	160
Turkey, retail parts, thigh, meat and skin, cooked,	3.0 oz	159
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	159
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	159
Mollusks, octopus, common, raw	3.0 oz	158
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	157
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	157
Peas, green, raw	1.0 cups	157
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	156
Fish, mahimahi, cooked, dry heat	3.0 oz	156
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	156
Potatoes, scalloped, home-prepared with butter	1.0 cups	154
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	154
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	154
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	153
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	151
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	150
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	150
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	150
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	149
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	146
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	146
Fish, roe, mixed species, cooked, dry heat	1.0 oz	146
Cereals, WHEATENA, cooked with water	1.0 cups	146
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	144
Soup, chicken noodle, dry, mix	1.0 packet	144
Guinea hen, meat only, raw	3.0 oz	144

POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	143
Currants, zante, dried	1.0 cups	143
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	142
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	138
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	138
Fish, grouper, mixed species, raw	3.0 oz	138
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	137
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	136
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	135
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	135
Wheat flour, white, all-purpose, unenriched	1.0 cups	135
Wheat flour, white, all-purpose, enriched, calcium-	1.0 cups	135
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	135
Corn, sweet, yellow, canned, vacuum pack, regular	1.0 cups	134
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	134
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	134
Wheat flour, white, bread, enriched	1.0 cups	133
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	130
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	130
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	130
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	130
Frankfurter, pork	1.0 link	130
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	130
Nuts, mixed nuts, oil roasted, with peanuts, lightly	1.0 oz	129
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	128
Cheese, cottage, creamed, with fruit	4.0 oz	128
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	128
Soybeans, mature seeds, sprouted, cooked,	1.0 cups	127
Liverwurst spread	0.25 cups	126
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	126
Fish, herring, Atlantic, pickled	1.0 cups	125
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	124
Puddings, chocolate, dry mix, regular, prepared with	0.5 cups	124
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	122
Soup, pea, green, canned, condensed	0.5 cups	122

Noodles, egg, unenriched, cooked, without added	1.0 cups	122
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	122
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	121
Fish, cisco, raw	1.0 fillet	120
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	120
Fish, scups, cooked, dry heat	1.0 fillet	118
Lima beans, immature seeds, frozen, fordhook,	1.0 cups	118
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	118
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	117
Orange juice, chilled, includes from concentrate,	1.0 cups	117
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	116
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	116
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	115
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	112
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	111
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	110
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	110
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	110
Cheese, blue	1.0 oz	110
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	109
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	108
Chicken, skin (drumsticks and thighs), raw	4.0 oz	107
Frankfurter, meat	1.0 serving (1 hot dog)	107
Keikitos (muffins), Latino bakery item	1.0 piece	107
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	104
Asparagus, canned, drained solids	1.0 cups	104
Sausage, turkey, hot, smoked	2.0 oz	104
Crackers, wheat, regular	16.0 crackers 1 serving	103
Tomato products, canned, sauce, with tomato	1.0 cups	102
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	101
Sausage, turkey, fresh, raw	1.0 serving	101
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	101
Tomato products, canned, puree, with salt added	1.0 cups	100
Tomato products, canned, puree, without salt added	1.0 cups	100

Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	99
Egg, whole, raw, fresh	1.0 large	99
Sauce, cheese, ready-to-serve	0.25 cups	99
Egg, whole, cooked, fried	1.0 large	99
Egg, whole, cooked, poached	1.0 large	98
Cheese, camembert	1.0 oz	98
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	98
Macaroni, vegetable, enriched, dry	1.0 cups spiral shaped	97
Milk, canned, condensed, sweetened	1.0 fl oz	97
Tomato products, canned, sauce, with onions	1.0 cups	96
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food	1.0 cups	95
Amaranth leaves, cooked, boiled, drained, without	1.0 cups	95
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	95
Potatoes, mashed, dehydrated, flakes without milk,	1.0 cups	94
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	93
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	92
Taro, tahitian, cooked, without salt	1.0 cups slices	92
Noodles, egg, dry, unenriched	1.0 cups	92
Noodles, egg, spinach, enriched, cooked	1.0 cups	91
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	91
Broccoli, frozen, chopped, cooked, boiled, drained,	1.0 cups	90
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	90
Bamboo shoots, raw	1.0 cups (1/2" slices)	89
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	89
Asparagus, frozen, cooked, boiled, drained, without	1.0 cups	88
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	87
Sausage, Italian, sweet, links	1.0 link 3 oz	87
Plantains, yellow, raw	1.0 plantain	86
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	86
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	85
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	85
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	85
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	85
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	84
Cake, white, dry mix, special dietary (includes lemon-	1.0 oz	84
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	82

Nuts, almond butter, plain, with salt added	1.0 tbsp	81
Mollusks, oyster, Pacific, raw	1.0 medium	81
Cream puff, eclair, custard or cream filled, iced	4.0 oz	80
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	80
Mollusks, oyster, eastern, farmed, raw	3.0 oz	79
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	79
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	79
Broccoli, frozen, chopped, unprepared	1.0 cups	78
Sausage, pork and turkey, pre-cooked	1.0 serving	78
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	77
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	76
Beerwurst, beer salami, pork and beef	2.0 oz	76
MORI-NU, Tofu, silken, firm	1.0 slice	76
Beerwurst, pork and beef	1.0 serving 2 oz	76
Spinach, canned, regular pack, solids and liquids	1.0 cups	75
Snacks, oriental mix, rice-based	1.0 oz	74
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	74
Chocolate, dark, 60-69% cacao solids	1.0 oz	74
Peas, edible-podded, frozen, unprepared	1.0 cups	73
Cream, fluid, light whipping	1.0 cups, whipped	73
Focaccia, Italian flatbread, plain	1.0 piece	73
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	71
Snacks, tortilla chips, ranch-flavor	1.0 oz	71
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	71
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	70
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	70
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	70
Bologna, meat and poultry	1.0 slice	70
Gravy, beef, canned, ready-to-serve	1.0 cups	70
Cream, fluid, heavy whipping	1.0 cups, whipped	70
Snacks, tortilla chips, low fat, made with olestra,	1.0 oz	69
Rice, white, medium-grain, cooked, unenriched	1.0 cups	69
Dessert topping, powdered, 1.5 ounce prepared	1.0 cups	69
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	68
Rice, white, long-grain, regular, cooked, unenriched,	1.0 cups	68
Bread, whole-wheat, commercially prepared	1.0 slice	68
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	67
Biscuits, mixed grain, refrigerated dough	1.0 oz	67
Fish, herring, Atlantic, raw	1.0 oz, boneless	67
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	67
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	67

Pork, fresh, variety meats and by-products,	1.0 oz	66
Squash, winter, acorn, cooked, boiled, mashed,	1.0 cups, mashed	66
Squash, winter, acorn, cooked, boiled, mashed, with	1.0 cups, mashed	66
Currants, european black, raw	1.0 cups	66
Breadfruit, raw	1.0 cups	66
Squash, summer, zucchini, italian style, canned	1.0 cups	66
Salami, Italian, pork	1.0 oz	64
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	64
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	63
Apricots, dried, sulfured, stewed, without added	1.0 cups, halves	62
Snacks, pork skins, barbecue-flavor	1.0 oz	62
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	62
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	62
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	62
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	62
Kiwifruit, green, raw	1.0 cups, sliced	61
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid,	2.0 oz 1 NLEA serving	61
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	61
Cake, coffeecake, cinnamon with crumb topping, dry	1.0 oz	61
Brussels sprouts, raw	1.0 cups	61
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids	1.0 oz	61
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat,	1.0 oz	61
Cheese, American, nonfat or fat free	1.0 serving	60
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	60
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	59
Rowal, raw	0.5 cups	59
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	59
Litchis, raw	1.0 cups	59
Potatoes, baked, skin, without salt	1.0 skin	59
Nuts, coconut meat, dried (desiccated), not	1.0 oz	58
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	58
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	58
Mountain yam, hawaii, cooked, steamed, without	1.0 cups, cubes	58
Crackers, standard snack-type, sandwich, with	0.5 oz	58
Bread, cheese	1.0 slice	58
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	58
Cookies, chocolate sandwich, with creme filling,	1.0 oz	57
Nabisco, Nabisco Grahams Crackers	1.0 serving	57

Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	56
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat,	1.0 oz	56
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	56
Groundcherries, (cape-gooseberries or poha), raw	1.0 cups	56
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	56
Turnip greens, frozen, cooked, boiled, drained,	1.0 cups	56
Squash, winter, butternut, cooked, baked, without	1.0 cups, cubes	55
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat,	1.0 oz	55
Beverages, chocolate powder, no sugar added	2.0 tbsp	55
Pokeberry shoots, (poke), cooked, boiled, drained,	1.0 cups	54
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	54
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8"	1.0 oz	54
Beets, raw	1.0 cups	54
Crackers, wheat, sandwich, with cheese filling	0.5 oz	54
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	54
Veal, shank (fore and hind), separable lean and fat,	1.0 oz	54
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	54
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed	1.0 oz	54
Cream, whipped, cream topping, pressurized	1.0 cups	53
Cookies, peanut butter sandwich, regular	1.0 oz	53
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to	1.0 oz	53
Soup, chicken with rice, canned, condensed	0.5 cups	53
Bologna, pork and turkey, lite	1.0 serving 2 oz	53
Cake, snack cakes, creme-filled, sponge	1.0 oz	52
Bread, protein (includes gluten)	1.0 oz	52
Turnip greens and turnips, frozen, cooked, boiled,	1.0 cups	52
Peas, edible-podded, raw	1.0 cups, chopped	52
Bologna, chicken, turkey, pork	1.0 serving	52
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	52
Plantains, yellow, baked	1.0 cups	51
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	51
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	51
Tomatoes, red, ripe, canned, stewed	1.0 cups	51
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	51
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	50

Drumstick pods, raw	1.0 cups slices	50
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	50
Snacks, potato chips, fat-free, made with olestra	1.0 oz	49
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	49
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	49
Currants, red and white, raw	1.0 cups	49
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	49
Sweet potato, canned, syrup pack, drained solids	1.0 cups	49
Snacks, potato sticks	1.0 oz	49
Veal, breast, whole, boneless, separable lean and	1.0 oz	49
Asparagus, cooked, boiled, drained	0.5 cups	49
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	48
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	48
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	48
Vegetable juice cocktail, canned	1.0 cups	48
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	48
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat,	1.0 oz	48
Braunschweiger (a liver sausage), pork	1.0 oz	48
Noodles, japanese, somen, cooked	1.0 cups	48
Snacks, potato chips, fat free, salted	1.0 oz	47
Egg substitute, powder	0.35 oz	47
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	47
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	46
Onions, raw	1.0 cups, chopped	46
Asparagus, canned, regular pack, solids and liquids	0.5 cups	46
Soup, beef noodle, canned, condensed	0.5 cups	46
Snacks, potato chips, made from dried potatoes,	1.0 oz	46
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	46
Tomato juice, canned, without salt added	1.0 cups	46
Tomato juice, canned, with salt added	1.0 cups	46
Noodles, japanese, somen, dry	2.0 oz	46
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	46
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	45
Blackberries, frozen, unsweetened	1.0 cups, unthawed	45
Carrots, raw	1.0 cups chopped	45

Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	45
Blueberries, wild, canned, heavy syrup, drained	1.0 cups	45
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to	1.0 oz	44
Cookies, peanut butter, commercially prepared,	1.0 oz	44
Grapes, canned, thompson seedless, water pack,	1.0 cups	44
Cookies, peanut butter sandwich, special dietary	1.0 oz	44
Crackers, rye, wafers, seasoned	0.5 oz	44
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	44
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	43
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	43
Bread, cracked-wheat	1.0 oz	43
Potatoes, flesh and skin, raw	0.5 cups, diced	43
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	43
Purslane, cooked, boiled, drained, without salt	1.0 cups	43
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	43
Fish, cisco, smoked	1.0 oz	43
Bread, reduced-calorie, wheat	1.0 oz	42
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	42
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	42
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	42
Cereals, CREAM OF RICE, cooked with water, with	1.0 cups	41
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	41
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	41
Water convolvulus, cooked, boiled, drained, with	1.0 cups, chopped	41
Snacks, potato chips, barbecue-flavor	1.0 oz	41
Cardoon, raw	1.0 cups, shredded	41
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	41
Beverages, Energy drink, AMP, sugar free	8.0 fl oz	41
Turnips, frozen, cooked, boiled, drained, without	1.0 cups	41
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	41
Gooseberries, raw	1.0 cups	40
Bread, stuffing, dry mix	1.0 oz	40
Bread, oat bran	1.0 oz	40
Onions, sweet, raw	1.0 NLEA serving	40
Okra, frozen, unprepared	0.33 package (10 oz)	40
Bacon and beef sticks	1.0 oz	40

Crackers, standard snack-type, regular	5.0 crackers	40
Cauliflower, green, raw	1.0 cups	40
Beans, snap, green, frozen, cooked, boiled, drained	1.0 cups	39
Cheese, neufchatel	1.0 oz	39
Cookies, oatmeal, commercially prepared, regular	1.0 oz	39
Tangerines, (mandarin oranges), raw	1.0 cups, sections	39
Crackers, standard snack-type, sandwich, with	0.5 oz	39
Bread, oatmeal, toasted	1.0 oz	39
Cake, sponge, commercially prepared	1.0 oz	39
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	39
Loganberries, frozen	1.0 cups, unthawed	38
Cress, garden, raw	1.0 cups	38
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	38
Pork sausage, link/patty, fully cooked, unheated	1.0 link	38
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	38
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	38
Barbecue loaf, pork, beef	1.0 oz	37
Cookies, chocolate wafers	1.0 oz	37
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	37
Cookies, brownies, prepared from recipe	1.0 oz	37
Bread, wheat	1.0 slice	37
Garlic bread, frozen	1.0 slice presliced	37
Oranges, raw, with peel	1.0 cups	37
Cherries, sweet, canned, water pack, solids and	1.0 cups, pitted	37
Soup, cream of celery, canned, prepared with equal	1.0 cups	37
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	37
Beets, canned, regular pack, solids and liquids	1.0 cups	37
Croissants, cheese	1.0 oz	37
Chicory roots, raw	1.0 root	37
Bologna, pork, turkey and beef	1.0 oz	36
Milk shakes, thick chocolate	1.0 fl oz	36
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	36
Bread, french or vienna, toasted (includes	1.0 oz	36
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	36
Bread, rye	1.0 oz	35
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	35
Rice noodles, cooked	1.0 cups	35
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	35
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	35
Parmesan cheese topping, fat free	1.0 tablespoon	35

Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	35
Cookies, oatmeal, commercially prepared, special	1.0 oz	35
Bread, reduced-calorie, white	1.0 oz	34
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	34
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	34
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	34
Lime juice, raw	1.0 cups	34
Squash, winter, butternut, frozen, cooked, boiled,	1.0 cups, mashed	34
Cookies, chocolate sandwich, with creme filling,	3.0 cookie	33
Snacks, rice cakes, brown rice, multigrain	1.0 cake	33
Squash, winter, hubbard, cooked, boiled, mashed,	1.0 cups, mashed	33
Squash, winter, hubbard, cooked, boiled, mashed,	1.0 cups, mashed	33
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	33
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	33
Bread, irish soda, prepared from recipe	1.0 oz	32
Cookies, oatmeal, with raisins	1.0 oz	32
Candies, fudge, chocolate, with nuts, prepared-from-	1.0 oz	32
Bread, stuffing, cornbread, dry mix	1.0 oz	32
Dessert topping, powdered	1.0 oz	32
Soup, cream of shrimp, canned, prepared with equal	1.0 cups	32
Syrups, table blends, pancake, with 2% maple, with added potassium	1.0 cups	32
Soup, beef broth, bouillon, consomme, prepared with equal volume water	1.0 cups (8 fl oz)	31
Potatoes, boiled, cooked without skin, flesh, with	0.5 cups	31
Potatoes, boiled, cooked without skin, flesh,	0.5 cups	31
Apricots, canned, heavy syrup pack, with skin, solids	1.0 cups, halves	31
Mushrooms, Chanterelle, raw	1.0 cups	31
Danish pastry, cheese	1.0 oz	31
Oranges, raw, California, valencias	1.0 cups sections, without membranes	31
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	30
Danish pastry, cinnamon, enriched	1.0 oz	30
Soup, cream of mushroom, canned, condensed	0.5 cups	30
Blackberry juice, canned	1.0 cups	30
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	30
Grapefruit, sections, canned, juice pack, solids and	1.0 cups	30
Croissants, butter	1.0 oz	30
Cake, cherry fudge with chocolate frosting	1.0 oz	30
Cracker, meal	1.0 oz	29
Cookies, oatmeal, refrigerated dough	1.0 oz	29
Bread, white, commercially prepared, toasted	1.0 oz	29
Broccoli raab, raw	1.0 cups chopped	29

Cherries, sweet, raw	1.0 cups, with pits, yields	29
Veal, breast, separable fat, cooked	1.0 oz	29
Bread, white wheat	1.0 slice	29
Balsam-pear (bitter gourd), pods, raw	1.0 cups (1/2" pieces)	29
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	29
Snacks, rice cakes, brown rice, corn	1.0 cake	29
Cream, fluid, half and half	1.0 fl oz	29
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	29
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	29
Soup, cream of chicken, canned, condensed,	0.5 cups	29
Apricots, canned, heavy syrup, drained	1.0 cups, halves	28
Crackers, cheese, regular	0.5 oz	28
Bread, reduced-calorie, oatmeal	1.0 oz	28
Syrups, table blends, pancake	1.0 cups	28
Cookies, sugar, commercially prepared, regular	1.0 oz	28
Turnip greens, frozen, cooked, boiled, drained, with	0.5 cups	28
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	28
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	28
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	28
Grapefruit juice, white, canned, sweetened	1.0 cups	28
Crackers, saltines, whole wheat (includes multi-	1.0 serving	27
Pomegranate juice, bottled	1.0 cups	27
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	27
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and	1.0 cups	27
Cookies, molasses	1.0 oz	27
Cake, cheesecake, commercially prepared	1.0 oz	26
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	26
Pie, banana cream, prepared from recipe	1.0 oz	26
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	26
Cookies, sugar wafers with creme filling, regular	3.0 cookies	26
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	26
Boysenberries, canned, heavy syrup	1.0 cups	26
Cherries, sour, red, canned, light syrup pack, solids	1.0 cups	25
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	25

Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	25
Egg, whole, cooked, omelet	1.0 tbsp	25
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	25
Figs, canned, water pack, solids and liquids	1.0 cups	25
Cookies, peanut butter, commercially prepared, soft	1.0 oz	25
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	25
Grapefruit, sections, canned, water pack, solids and	1.0 cups	24
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	24
Cookies, shortbread, commercially prepared, pecan	1.0 oz	24
POPEYES, Coleslaw	1.0 package	24
Frostings, coconut-nut, ready-to-eat	0.08 package	24
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	24
Radishes, raw	1.0 cups slices	23
Mountain yam, hawaii, raw	0.5 cups, cubes	23
Mangos, raw	1.0 cups pieces	23
Muffins, English, mixed-grain (includes granola)	1.0 oz	23
Cookies, chocolate chip, refrigerated dough	1.0 serving	23
Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	22
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	22
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids	1.0 cups	22
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	22
Onions, frozen, whole, unprepared	0.33 package (10 oz)	22
Crackers, rusk toast	0.5 oz	22
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	21
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	21
Infant formula, GERBER, GOOD START 2 Soy, with	1.0 fl oz	21
Infant Formula, GERBER GOOD START 2, GENTLE	1.0 fl oz	21
Cake, coffeecake, creme-filled with chocolate	1.0 oz	21
Cookies, vanilla sandwich with creme filling	1.0 oz	21
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	21
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	21
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	21
Candies, truffles, prepared-from-recipe	1.0 piece	21
Snacks, corn-based, extruded, onion-flavor	1.0 oz	20
Lamb, Australian, imported, fresh, separable fat,	1.0 oz	20
Croutons, seasoned	0.5 oz	20

Cookies, chocolate sandwich, with extra creme	1.0 oz	20
Lemon juice, raw	1.0 cups	20
Kale, frozen, unprepared	1.0 cups	19
Beverages, almond milk, sweetened, vanilla flavor,	8.0 fl oz	19
Purslane, raw	1.0 cups	19
Candies, TWIZZLERS CHERRY BITES	18.0 pieces	19
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	19
Cookies, shortbread, commercially prepared, plain	1.0 oz	19
Peppers, pasilla, dried	1.0 pepper	19
Nuts, coconut cream, raw (liquid expressed from	1.0 tbsp	18
Cookies, fig bars	1.0 oz	18
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	18
Candies, MOUNDS Candy Bar	1.0 bar snack size	17
Pears, raw	1.0 cups, slices	17
Spices, mustard seed, ground	1.0 tsp	17
Croissants, apple	1.0 oz	16
Croutons, plain	0.5 oz	16
Cookies, brownies, dry mix, sugar free	1.0 oz	16
Blueberries, frozen, sweetened	1.0 cups, thawed	16
Grapefruit, raw, white, Florida	1.0 cups sections, with juice	16
Puddings, chocolate, ready-to-eat	1.0 oz	16
Carambola, (starfruit), raw	1.0 cups, cubes	16
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	16
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	16
Beet greens, raw	1.0 cups	16
Cheese, cream	1.0 tbsp	16
Onions, dehydrated flakes	1.0 tbsp	15
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	15
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids	0.5 cups	15
Applesauce, canned, sweetened, without salt	1.0 cups	15
Spinach, raw	1.0 cups	15
Papayas, raw	1.0 cups 1" pieces	14
Cream, sour, reduced fat, cultured	1.0 tbsp	14
Gravy, brown instant, dry	1.0 serving	14
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	14
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	14
Chicory, witloof, raw	1.0 head	14
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	14
Dessert topping, pressurized	1.0 cups	13
Pie, fried pies, fruit	1.0 oz	12
Apples, raw, without skin	1.0 cups slices	12
Spices, caraway seed	1.0 tsp	12
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	12

Kanpyo, (dried gourd strips)	1.0 strip	12
Alcoholic beverage, pina colada, canned	1.0 fl oz	12
Kale, raw	1.0 cups	12
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	11
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb	1.0 serving	11
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	11
Cranberry sauce, canned, sweetened	1.0 cups	11
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	11
Carissa, (natal-plum), raw	1.0 cups slices	10
Sour dressing, non-butterfat, cultured, filled cream-	1.0 tbsp	10
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	10
Cream substitute, liquid, with lauric acid oil and sodium caseinate	1.0 container, individual	10
Spices, anise seed	1.0 tsp, whole	9
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS	1.0 serving	9
Grapes, american type (slip skin), raw	1.0 cups	9
Cream, sour, cultured	1.0 tbsp	9
Nabisco, Nabisco Ritz Crackers	1.0 cracker	9
Spices, turmeric, ground	1.0 tsp	9
Figs, raw	1.0 large (2-1/2" dia)	9
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	9
Pie, cherry, commercially prepared	1.0 oz	8
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	8
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	8
Beverages, Propel Zero, fruit-flavored, non-	1.0 fl oz	7
Spices, curry powder	1.0 tsp	7
Endive, raw	0.5 cups, chopped	7
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	7
Soup, chicken broth or bouillon, dry	1.0 cube	7
Pie, blueberry, commercially prepared	1.0 oz	7
Snacks, fruit leather, rolls	1.0 large	7
Salad dressing, russian dressing, low calorie	1.0 tablespoon	6
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	6
Alcoholic beverage, wine, table, white	1.0 fl oz	5
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	5
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	5
Tamarind nectar, canned	1.0 cups	5
Egg, white, raw, fresh	1.0 large	5
Spices, nutmeg, ground	1.0 tsp	5
Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	4
Salad dressing, KRAFT Mayo Fat Free Mayonnaise	1.0 tbsp	4
Onions, frozen, whole, cooked, boiled, drained,	1.0 cups	4
Nuts, coconut cream, canned, sweetened	1.0 tbsp	4
Salad dressing, mayonnaise, soybean and safflower	1.0 tablespoon	4

Candies, caramels, chocolate-flavor roll	1.0 piece	4
Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	4
Longans, dried	1.0 fruit	3
Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	1.0 fl oz	3
Alcoholic beverage, beer, light, BUD LIGHT	1.0 fl oz	3
Cowpeas, leafy tips, raw	1.0 cups, chopped	3
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	3
Spices, ginger, ground	1.0 tsp	3
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	3
Salad dressing, mayonnaise, regular	1.0 tbsp	3
Onions, frozen, chopped, cooked, boiled, drained,	1.0 tbsp chopped	3
Tree fern, cooked, without salt	0.5 cups, chopped	3
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	1.0 fl oz	3
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	3
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	3
Papaya, canned, heavy syrup, drained	1.0 piece	2
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	2
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	2
Spices, thyme, dried	1.0 tsp, leaves	2
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	2
Spices, savory, ground	1.0 tsp	2
Beverages, Whiskey sour mix, bottled	1.0 fl oz	2
Whiskey sour mix, bottled, with added potassium	1.0 fl oz	2
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	2
Spices, tarragon, dried	1.0 tsp, leaves	2
Spices, mace, ground	1.0 tsp	2
Alcoholic beverage, whiskey sour, canned	1.0 fl oz	2
Spices, marjoram, dried	1.0 tsp	2
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	2
Spices, cinnamon, ground	1.0 tsp	2
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	2
Grapes, muscadine, raw	1.0 grape	1
Margarine-like, margarine-butter blend, soybean oil	1.0 tbsp	1
Orange peel, raw	1.0 tbsp	1
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	1
Butter, salted	1.0 pat (1" sq, 1/3" high)	1
Candies, YORK BITES	15.0 pieces	1
Arugula, raw	1.0 leaf	1
Sesbania flower, raw	1.0 flower	1
Flan, caramel custard, dry mix	1.0 package (3 oz)	1
Ginger root, raw	1.0 tsp	1

Spices, bay leaf	1.0 tsp, crumbled	1
Dill weed, fresh	5.0 sprigs	1
Alcoholic beverage, daiquiri, canned	1.0 fl oz	1