



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

Description	Measure	Fatty acids, total polyunsaturated(g)Per Measure
Nuts, butternuts, dried	1.0 cups	51.289
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	50.259
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	46.297
Peanuts, valencia, oil-roasted, without salt	1.0 cups	25.592
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1.0 cups	23.43
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	17.878
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	16.483
Peanuts, all types, dry-roasted, without salt	1.0 cups	14.269
Chicken, skin (drumsticks and thighs), raw	4.0 oz	10.233
Oil, safflower, salad or cooking, linoleic, (over 70%)	1.0 tbsp	10.149
Cereals ready-to-eat, granola, homemade	1.0 cups	9.527
Nuts, hazelnuts or filberts	1.0 cups,	9.108
Soybeans, green, raw	1.0 cups	8.192
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average)	7.942
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average)	7.914
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.0 tablespoon	7.59
Fast foods, biscuit, with egg and bacon	1.0 biscuit	7.47
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	7.203
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe	7.102
POPEYES, Coleslaw	1.0 package	7.022
Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	1.0 tablespoon	6.542
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	6.2
Salad dressing, mayonnaise, regular	1.0 tbsp	6.167
Oil, sesame, salad or cooking	1.0 tablespoon	5.671
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	5.42
Snacks, potato chips, made from dried potatoes, cheese-flavor	1.0 oz	5.29
Shortening bread, soybean (hydrogenated) and cottonseed	1.0 tablespoon	5.197
Bread, pound cake type, pan de torta salvadoran	1.0 serving	5.183
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or	5.18
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21	5.084
Snacks, potato sticks	1.0 oz	5.075
Fast Foods, biscuit, with egg and sausage	1.0 item	4.807

Salad dressing, french, home recipe	1.0 tablespoon	4.718
Cream puff, éclair, custard or cream filled, iced	4.0 oz	4.715
Bread, cheese	1.0 slice	4.417
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	4.143
Oil, canola	1.0 tbsp	3.94
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cups	3.878
Snacks, tortilla chips, ranch-flavor	1.0 oz	3.835
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	3.765
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	3.704
Soup, cream of mushroom, canned, condensed	0.5 cups	3.655
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook)	3.623
Corn grain, white	1.0 cups	3.591
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook)	3.564
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	3.528
Oat flour, partially debranned	1.0 cups	3.462
Snacks, potato chips, barbecue-flavor	1.0 oz	3.461
Candies, confectioner's coating, peanut butter	1.0 cups chips	3.449
Cookies, peanut butter sandwich, special dietary	1.0 oz	3.409
Margarine-like, margarine-butter blend, soybean oil and butter	1.0 tbsp	3.408
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or	3.332
Salami, pork, beef, less sodium	3.0 oz	3.067
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	3.047
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	3.028
Snacks, oriental mix, rice-based	1.0 oz	3.017
Oil, mustard	1.0 tbsp	2.972
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	2.899
Crackers, wheat, regular	16.0 crackers 1 serving	2.881
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	2.816
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	2.773
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	2.768
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	2.674
Cookies, brownies, prepared from recipe	1.0 oz	2.668
POPEYES, biscuit	1.0 biscuit	2.627
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	2.623
Squab, (pigeon), meat and skin, raw	3.0 oz	2.609
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	2.571
Sausage, pork and turkey, pre-cooked	1.0 serving	2.567
Soup, cream of celery, canned, prepared with equal volume water	1.0 cups	2.554
Fish, tuna, white, canned in oil, drained solids	3.0 oz	2.526

Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	2.507
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	2.437
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	2.435
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	2.428
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	2.413
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	2.362
Cookies, shortbread, commercially prepared, plain	1.0 oz	2.36
Fish, herring, Atlantic, pickled	1.0 cups	2.351
Garlic bread, frozen	1.0 slice presliced	2.338
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	2.312
Fast foods, croissant, with egg, cheese, and ham	1.0 item	2.302
Frankfurter, meat	1.0 serving (1 hot dog)	2.29
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	2.271
Cookies, chocolate sandwich, with creme filling, special dietary	1.0 oz	2.245
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cups	2.205
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	2.196
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	2.194
Fast foods, english muffin, with egg, cheese, and canadian bacon	1.0 sandwich	2.186
Nuts, almond butter, plain, with salt added	1.0 tbsp	2.178
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	2.143
Cookies, vanilla sandwich with creme filling	1.0 oz	2.141
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	2.134
Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	2.121
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	2.106
Crackers, standard snack-type, regular	5.0 crackers	2.102
Fish, herring, Pacific, raw	3.0 oz	2.06
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	2.021
Cornmeal, whole-grain, white	1.0 cups	1.998
Corn flour, yellow, masa, enriched	1.0 cups	1.965
Cheese substitute, mozzarella	1.0 cups, shredded	1.964
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	1.923
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	1.918
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	1.898
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	1.898
Cream, fluid, heavy whipping	1.0 cups,	1.884

Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	1.844
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	1.818
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	1.791
Cheese, swiss	1.0 cups, diced	1.77
Beef, Australian, imported, grass-fed, seam fat, raw	4.0 oz	1.754
Fish, salmon, pink, canned, without salt, solids with bone and liquid	3.0 oz	1.742
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	1.737
Cookies, oatmeal, with raisins	1.0 oz	1.727
Heinz, Weight Watcher, Chocolate Eclair, frozen	1.0 eclair,	1.711
Bologna, pork and turkey, lite	1.0 serving 2	1.709
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3.0 oz	1.705
Sorghum flour, whole-grain	1.0 cups	1.698
Frankfurter, pork	1.0 link	1.697
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	1.692
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	1.674
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	1.661
Sauce, cheese, ready-to-serve	0.25 cups	1.637
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4.0 oz	1.62
Pork sausage, link/patty, fully cooked, unheated	1.0 link	1.591
Fish, bluefish, raw	1.0 fillet	1.59
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	1.59
Fish, bluefish, cooked, dry heat	1.0 fillet	1.589
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	1.577
Rice flour, brown	1.0 cups	1.574
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	1.548
Pie, fried pies, fruit	1.0 oz	1.524
Bologna, meat and poultry	1.0 slice	1.515
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	1.496
Egg, whole, cooked, fried	1.0 large	1.495
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	2.0 oz 1 NLEA serving	1.493
Fish, mackerel, spanish, raw	3.0 oz	1.478
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	1.437
Crackers, cheese, regular	0.5 oz	1.433
Oil, olive, salad or cooking	1.0 tablespoon	1.421
Cheese, parmesan, grated	1.0 cups	1.386
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	1.369
Sausage, turkey, fresh, raw	1.0 serving	1.36
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	1.347
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	1.345

Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	1.343
Liverwurst spread	0.25 cups	1.335
Bologna, chicken, turkey, pork	1.0 serving	1.308
Kielbasa, Polish, turkey and beef, smoked	1.0 serving 2	1.305
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	1.302
Crackers, wheat, sandwich, with cheese filling	0.5 oz	1.302
Cookies, brownies, dry mix, sugar free	1.0 oz	1.298
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	1.296
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	1.282
Fish, salmon, pink, canned, drained solids	3.0 oz	1.281
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	1.277
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	1.274
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	1.258
Pork, fresh, variety meats and by-products, brain, cooked, braised	3.0 oz	1.25
MORI-NU, Tofu, silken, firm	1.0 slice	1.247
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	1.243
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook)	1.243
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	1.241
Frostings, coconut-nut, ready-to-eat	0.08 package	1.24
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	1.235
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	1.234
Beverages, Protein powder soy based	1.0 scoop	1.215
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	1.206
Bacon and beef sticks	1.0 oz	1.204
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	1.196
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	1.192
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cups	1.185
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	1.184
Beans, black, mature seeds, raw	1.0 cups	1.183
Cheese, mexican, queso chihuahua	1.0 cups, diced	1.177
Cookies, chocolate wafers	1.0 oz	1.177
Cookies, shortbread, commercially prepared, pecan	1.0 oz	1.169
Beerwurst, beer salami, pork and beef	2.0 oz	1.165
Beerwurst, pork and beef	1.0 serving 2	1.165
Fish, swordfish, cooked, dry heat	3.0 oz	1.163
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	3.0 oz	1.161
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	1.153
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cups, diced	1.147
Barley flour or meal	1.0 cups	1.141
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1.0 serving	1.122
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	1.093
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	1.086

Cookies, peanut butter sandwich, regular	1.0 oz	1.076
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	1.073
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	1.062
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.0 oz	1.062
Cream, fluid, light whipping	1.0 cups,	1.061
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	1.054
Soup, black bean, canned, condensed	1.0 cups (8 fl	1.054
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.0 oz	1.045
Soup, chicken noodle, dry, mix	1.0 packet	1.035
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	1.034
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	1.03
Cookies, peanut butter, commercially prepared, regular	1.0 oz	1.023
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	1.023
Beans, pink, mature seeds, raw	1.0 cups	1.023
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	1.022
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	1.02
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	1.02
Cheese, provolone	1.0 cups, diced	1.015
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	1.012
Salami, Italian, pork	1.0 oz	1.008
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	1.001
Pie, blueberry, commercially prepared	1.0 oz	0.999
Hormel Pillow Pak Sliced Turkey Pepperoni	1.0 serving	0.996
Wheat flour, white, bread, enriched	1.0 cups	0.996
Fish, salmon, chum, cooked, dry heat	3.0 oz	0.979
Snacks, pork skins, barbecue-flavor	1.0 oz	0.978
Passion-fruit, (granadilla), purple, raw	1.0 cups	0.97
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin	0.968
Fish, roe, mixed species, cooked, dry heat	1.0 oz	0.965
Bread, pan dulce, sweet yeast bread	1.0 slice (average	0.964
Egg, whole, raw, fresh	1.0 large	0.956
Cookies, sugar wafers with creme filling, regular	3.0 cookies	0.954
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	0.952
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	0.952
Egg, whole, cooked, poached	1.0 large	0.952
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	0.944
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	0.943
Pie, banana cream, prepared from recipe	1.0 oz	0.933
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	0.918

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.909
Mollusks, mussel, blue, raw	1.0 cups	0.909
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	0.909
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	0.908
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	0.906
Braunschweiger (a liver sausage), pork	1.0 oz	0.905
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	0.903
Cake, white, dry mix, special dietary (includes lemon-flavored)	1.0 oz	0.902
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	0.902
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	0.898
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.0 oz	0.897
Snacks, corn-based, extruded, onion-flavor	1.0 oz	0.89
Cheese, feta	1.0 cups, crumbled	0.886
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	0.883
Sausage, turkey, hot, smoked	2.0 oz	0.88
Cheese spread, pasteurized process, American	1.0 cups, diced	0.874
Cheese, muenster	1.0 cups, diced	0.873
Cheese, pasteurized process, swiss	1.0 cups, diced	0.871
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	0.867
Blackberry juice, canned	1.0 cups	0.86
Cheese, mozzarella, whole milk	1.0 cups, shredded	0.857
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	0.855
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	0.853
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	0.844
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	0.843
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.842
Danish pastry, cinnamon, enriched	1.0 oz	0.832
Veal, breast, separable fat, cooked	1.0 oz	0.812
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	0.806
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	0.793
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	0.79
Cookies, fig bars	1.0 oz	0.786
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	0.779
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	0.767
Archway Home Style Cookies, Iced Oatmeal	1.0 serving	0.762
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA)	0.76
Milk, sheep, fluid	1.0 cups	0.755

Pork, ground, 96% lean / 4% fat, raw	4.0 oz	0.746
Cookies, oatmeal, refrigerated dough	1.0 oz	0.735
Danish pastry, cheese	1.0 oz	0.73
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	0.728
Cookies, oatmeal, commercially prepared, regular	1.0 oz	0.721
Fish, wolffish, Atlantic, raw	3.0 oz	0.718
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	0.718
Cookies, chocolate chip, refrigerated dough	1.0 serving	0.717
Bologna, pork, turkey and beef	1.0 oz	0.712
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	0.711
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.706
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	0.703
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	0.701
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	0.697
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	0.689
Asparagus, canned, drained solids	1.0 cups	0.687
Archway Home Style Cookies, Iced Molasses	1.0 serving	0.683
Keebler, Keebler Chocolate Graham SELECTS	1.0 serving	0.682
Veal, Australian, shank, hind, bone-in, separable lean only, raw	4.0 oz	0.68
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	0.679
Croissants, cheese	1.0 oz	0.676
Veal, breast, whole, boneless, separable lean only, cooked, braised	3.0 oz	0.67
Cake, cherry fudge with chocolate frosting	1.0 oz	0.663
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	0.66
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	0.653
Soup, onion, canned, condensed	0.5 cups (4 fl	0.652
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	0.646
Crackers, standard snack-type, sandwich, with peanut butter filling	0.5 oz	0.646
Turkey, ground, fat free, patties, broiled	3.0 oz	0.645
Fish, cisco, smoked	1.0 oz	0.645
Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	0.643
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	0.637
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.62
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw	0.619
Cereals, WHEATENA, cooked with water	1.0 cups	0.612
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	0.612
Fish, herring, Atlantic, raw	1.0 oz,	0.605
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	0.598

Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	0.597
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	0.596
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	0.595
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	0.594
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	0.594
Bread, white, commercially prepared, toasted	1.0 oz	0.593
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	0.591
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	0.589
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	0.588
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	0.584
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	0.583
Pie, cherry, commercially prepared	1.0 oz	0.583
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.0 oz	0.578
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	0.576
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	0.573
Soup, bean with bacon, condensed, single brand	1.0 serving 1/2 cups	0.571
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	0.568
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	0.568
Focaccia, Italian flatbread, plain	1.0 piece	0.567
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	0.559
Noodles, egg, spinach, enriched, cooked	1.0 cups	0.558
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	0.558
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	0.556
Cheese, ricotta, whole milk	0.5 cups	0.552
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	0.536
Squash, winter, hubbard, baked, with salt	1.0 cups,	0.533
Oil, sunflower, high oleic (70% and over)	1.0 tbsp	0.532
Cake, snack cakes, creme-filled, sponge	1.0 oz	0.527
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	0.525
Bread, oatmeal, toasted	1.0 oz	0.524
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	0.521
Artificial Blueberry Muffin Mix, dry	1.0 muffin	0.52
Kiwifruit, green, raw	1.0 cups, sliced	0.517
Wheat flour, white, all-purpose, enriched, calcium-fortified	1.0 cups	0.516

Wheat flour, white, all-purpose, unenriched	1.0 cups	0.516
Pasta, dry, enriched	1.0 cups	0.513
Pasta, dry, unenriched	1.0 cups	0.513
Crackers, rye, wafers, seasoned	0.5 oz	0.512
Fat, beef tallow	1.0 tbsp	0.512
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	0.512
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or	0.512
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.511
George Weston Bakeries, Brownberry Sage and Onion Stuffing Mix, dry	1.0 serving	0.51
Bread, whole-wheat, commercially prepared	1.0 slice	0.509
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	0.508
Noodles, egg, dry, unenriched	1.0 cups	0.506
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.506
Beans, baked, canned, with pork	1.0 cups	0.503
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	0.503
Eggnog	1.0 cups	0.503
Mollusks, oyster, eastern, farmed, raw	3.0 oz	0.502
Guinea hen, meat only, raw	3.0 oz	0.501
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	8.0 fl oz	0.499
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	0.499
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cups	0.498
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	0.498
Soup, cream of chicken, canned, condensed, reduced sodium	0.5 cups	0.496
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.496
Cream, whipped, cream topping, pressurized	1.0 cups	0.495
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	0.494
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook)	0.492
Cookies, molasses	1.0 oz	0.49
Soup, beef noodle, canned, condensed	0.5 cups	0.487
Fish, cisco, raw	1.0 fillet	0.484
Bread, oat bran	1.0 oz	0.48
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	0.477
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	0.476
Gooseberries, raw	1.0 cups	0.475
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.475
Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	4.0 oz	0.475

Mission Foods, Mission Flour Tortillas, Soft Taco, 8 inch	1.0 serving	0.471
Bread, wheat	1.0 slice	0.468
Fish, mackerel, jack, canned, drained solids	1.0 oz,	0.468
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	0.468
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.466
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	0.466
Veal, shank (fore and hind), separable lean and fat, cooked, braised	3.0 oz	0.46
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	0.459
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	0.455
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	0.454
Cake, cheesecake, commercially prepared	1.0 oz	0.454
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	0.452
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	0.45
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	0.45
Seeds, safflower seed meal, partially defatted	1.0 oz	0.449
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	0.449
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	0.449
Mollusks, oyster, Pacific, raw	1.0 medium	0.447
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	0.442
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	0.437
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.0 oz	0.436
Pork, cured, ham, shank, bone-in, separable lean only, unheated	3.0 oz	0.435
Soup, chicken with rice, canned, condensed	0.5 cups	0.428
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	0.424
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.424
Fish, tilapia, raw	1.0 fillet	0.421
Bread, irish soda, prepared from recipe	1.0 oz	0.419
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	0.417
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	0.415
Sausage, Italian, sweet, links	1.0 link 3 oz	0.414
Oil, cocoa butter	1.0 tablespoon	0.408
Egg, whole, cooked, omelet	1.0 tbsp	0.407
Potatoes, scalloped, home-prepared with butter	1.0 cups	0.407
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	0.405
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	0.404

Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.0 oz	0.398
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	0.395
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw)	0.391
Peas, mature seeds, sprouted, raw	1.0 cups	0.391
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	0.391
Taro, tahitian, cooked, without salt	1.0 cups slices	0.386
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	0.383
Bread, reduced-calorie, oatmeal	1.0 oz	0.383
Seeds, lotus seeds, dried	1.0 cups	0.373
Soup, pea, green, canned, condensed	0.5 cups	0.371
Blackberries, frozen, unsweetened	1.0 cups, unthawed	0.37
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups,	0.368
Squash, winter, hubbard, cooked, boiled, mashed, without salt	1.0 cups,	0.368
Salad dressing, russian dressing, low calorie	1.0 tablespoon	0.368
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	0.365
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	0.365
Spinach, canned, regular pack, solids and liquids	1.0 cups	0.363
Nabisco, Nabisco Ritz Crackers	1.0 cracker	0.36
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	0.358
Macaroni, vegetable, enriched, dry	1.0 cups spiral shaped	0.358
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3.0 oz	0.355
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	0.354
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl	0.353
Chocolate, dark, 60-69% cacao solids	1.0 oz	0.346
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.0 oz	0.343
Fish, burbot, cooked, dry heat	1.0 fillet	0.343
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	0.343
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	0.343
Bread, reduced-calorie, wheat	1.0 oz	0.339
Garlic, raw	1.0 cups	0.339
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.337
Croutons, seasoned	0.5 oz	0.336
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	0.333
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	0.332
Milk, producer, fluid, 3.7% milkfat	1.0 cups	0.332
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.331
Crackers, rusk toast	0.5 oz	0.328
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	0.327
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	0.327
Soup, vegetable beef, microwavable, ready-to-serve, single brand	1.0 serving	0.327

Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook)	0.326
Fish, lingcod, cooked, dry heat	3.0 oz	0.326
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	0.323
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	0.323
Cheese, ricotta, part skim milk	0.5 cups	0.322
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	0.321
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	0.314
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	0.313
Croissants, butter	1.0 oz	0.31
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	0.31
Fish, pollock, Alaska, cooked	3.0 oz	0.308
Bread, stuffing, cornbread, dry mix	1.0 oz	0.304
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.303
Beans, black turtle, mature seeds, canned	1.0 cups	0.3
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	0.297
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	0.296
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	0.292
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	0.291
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.0 cups	0.29
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	0.288
Bread, protein (includes gluten)	1.0 oz	0.286
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	0.284
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	0.281
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	0.281
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cups	0.281
Mushrooms, portabella, grilled	1.0 cups sliced	0.281
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	0.281
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	0.279
Archway Home Style Cookies, Date Filled Oatmeal	1.0 serving	0.278
Sweet potato, canned, syrup pack, drained solids	1.0 cups	0.276
Beans, black turtle, mature seeds, cooked, boiled, without salt	1.0 cups	0.276
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cups	0.275
Archway Home Style Cookies, Raspberry Filled	1.0 serving	0.275
Cheese, neufchatel	1.0 oz	0.275
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	3.0 oz	0.275

Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	0.274
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	0.274
Archway Home Style Cookies, Molasses	1.0 serving	0.273
Fish, grouper, mixed species, raw	3.0 oz	0.273
Bread, white wheat	1.0 slice	0.272
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	0.272
Peas, green, raw	1.0 cups	0.271
Veal, breast, whole, boneless, separable lean and fat, raw	1.0 oz	0.27
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.266
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	0.264
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.262
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	0.261
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	0.261
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.0 cups	0.261
Loganberries, frozen	1.0 cups, unthawed	0.259
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cups	0.256
Litchis, raw	1.0 cups	0.251
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook)	0.251
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.25
Biscuits, mixed grain, refrigerated dough	1.0 oz	0.249
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	0.249
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	0.247
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.245
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.244
Carambola, (starfruit), raw	1.0 cups,	0.243
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	0.242
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	0.241
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.238
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.237
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	0.235
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	0.235
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	0.234

Barbecue loaf, pork, beef	1.0 oz	0.23
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	0.229
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	0.228
Cheese, blue	1.0 oz	0.227
Bread, rye	1.0 oz	0.227
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	0.226
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	0.226
Beans, adzuki, mature seeds, raw	1.0 cups	0.223
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	0.223
Fish, pike, northern, cooked, dry heat	3.0 oz	0.22
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	0.217
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	0.217
Cheese, cream	1.0 tbsp	0.215
Tomato products, canned, puree, without salt added	1.0 cups	0.215
Tomato products, canned, puree, with salt added	1.0 cups	0.215
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	0.212
Broccoli, frozen, chopped, unprepared	1.0 cups	0.212
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1.0 fl oz	0.211
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	0.208
Cheese, camembert	1.0 oz	0.205
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	0.205
Cracker, meal	1.0 oz	0.205
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	0.205
Mollusks, octopus, common, raw	3.0 oz	0.203
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	0.203
Bamboo shoots, raw	1.0 cups (1/2" slices)	0.202
Bread, stuffing, dry mix	1.0 oz	0.202
Spices, mustard seed, ground	1.0 tsp	0.202
Beverages, chocolate powder, no sugar added	2.0 tbsp	0.201
Currants, european black, raw	1.0 cups	0.2
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	0.2
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.198
Tomatoes, red, ripe, canned, stewed	1.0 cups	0.196
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	0.195
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	0.195
Bread, cracked-wheat	1.0 oz	0.193

Vegetable juice cocktail, canned	1.0 cups	0.192
Dessert topping, powdered	1.0 oz	0.192
Peas, edible-podded, frozen, unprepared	1.0 cups	0.192
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	0.191
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	0.19
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	0.19
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	0.189
Tomato products, canned, sauce, with onions	1.0 cups	0.189
Noodles, japanese, somen, dry	2.0 oz	0.188
Gravy, beef, canned, ready-to-serve	1.0 cups	0.186
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	0.184
Pears, dried, sulfured, stewed, without added sugar	1.0 cups,	0.184
Soup, cream of shrimp, canned, prepared with equal volume water	1.0 cups	0.183
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	0.183
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	0.182
Croutons, plain	0.5 oz	0.181
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	0.18
Fish, mahimahi, cooked, dry heat	3.0 oz	0.179
Soup, chicken broth or bouillon, dry	1.0 cube	0.179
Seeds, sesame flour, low-fat	1.0 oz	0.179
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	0.178
Croissants, apple	1.0 oz	0.178
Turkey, white, rotisserie, deli cut	1.0 oz (1	0.178
Boysenberries, canned, heavy syrup	1.0 cups	0.174
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	0.172
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	0.169
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.169
Dessert topping, pressurized	1.0 cups	0.169
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	0.168
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.168
Cream, fluid, half and half	1.0 fl oz	0.167
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.167
Egg substitute, powder	0.35 oz	0.167
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	0.165
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	0.164
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-	0.161

Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	0.161
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cups milk	1.0 cups	0.161
Muffins, English, mixed-grain (includes granola)	1.0 oz	0.158
Bread, reduced-calorie, white	1.0 oz	0.158
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	0.157
Yogurt, plain, whole milk	1.0 container (6 oz)	0.156
Butter, salted	1.0 pat (1" sq, 1/3" high)	0.152
Kale, frozen, unprepared	1.0 cups	0.147
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding	0.146
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	0.146
Breadfruit, raw	1.0 cups	0.145
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cups	0.144
Kale, raw	1.0 cups	0.141
Fish, haddock, raw	3.0 oz	0.141
Cheese, cottage, creamed, with fruit	4.0 oz	0.14
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	0.139
Cheese, cottage, creamed, large or small curd	4.0 oz	0.139
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	0.138
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	1.0 fl oz	0.137
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook)	0.136
Brussels sprouts, raw	1.0 cups	0.135
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	0.134
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	0.133
Applesauce, canned, sweetened, without salt	1.0 cups	0.133
Pears, raw	1.0 cups, slices	0.132
Blueberries, frozen, sweetened	1.0 cups,	0.131
Turnip greens, cooked, boiled, drained, without salt	1.0 cups,	0.131
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	0.131
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	0.131
Carrots, raw	1.0 cups	0.131
Snacks, rice cakes, brown rice, multigrain	1.0 cake	0.13
Nabisco, Nabisco Grahams Crackers	1.0 serving	0.129
Milk, canned, condensed, sweetened	1.0 fl oz	0.129
Noodles, japanese, somen, cooked	1.0 cups	0.128
Cake, sponge, commercially prepared	1.0 oz	0.127
Tangerines, (mandarin oranges), raw	1.0 cups,	0.127

Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	0.127
Ham, honey, smoked, cooked	1.0 oz (1	0.127
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	0.126
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	0.125
Pomegranate juice, bottled	1.0 cups	0.125
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw	0.123
Candies, truffles, prepared-from-recipe	1.0 piece	0.122
Rice, white, long-grain, regular, cooked, unenriched, with salt	1.0 cups	0.12
Figs, canned, water pack, solids and liquids	1.0 cups	0.119
Mangos, raw	1.0 cups pieces	0.117
Snacks, fruit leather, rolls	1.0 large	0.116
Cress, garden, raw	1.0 cups	0.114
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	0.113
Beans, snap, green, frozen, cooked, boiled, drained without salt	1.0 cups	0.112
Oranges, raw, California, valencias	1.0 cups sections, without	0.108
Squash, summer, zucchini, italian style, canned	1.0 cups	0.107
Fish, flatfish (flounder and sole species), raw	1.0 oz,	0.106
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	0.106
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	0.106
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	0.105
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5"	0.105
Rice, white, medium-grain, cooked, unenriched	1.0 cups	0.104
Asparagus, canned, regular pack, solids and liquids	0.5 cups	0.104
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	0.103
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	0.103
Turnip greens, frozen, unprepared	0.5 cups, chopped or	0.102
Oranges, raw, with peel	1.0 cups	0.102
Snacks, rice cakes, brown rice, corn	1.0 cake	0.102
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.101
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.0 cups	0.101
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	0.1
Currants, red and white, raw	1.0 cups	0.099
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	0.097
Cream, sour, cultured	1.0 tbsp	0.096
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	0.095
Asparagus, cooked, boiled, drained	0.5 cups	0.094
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups,	0.094

Grapes, american type (slip skin), raw	1.0 cups	0.094
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.094
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	0.094
Figs, raw	1.0 large (2-1/2" dia)	0.092
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	0.09
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	0.089
Peas, edible-podded, raw	1.0 cups,	0.087
Broccoli raab, raw	1.0 cups	0.087
Snacks, potato chips, fat-free, made with olestra	1.0 oz	0.086
Fish, ocean perch, Atlantic, raw	1.0 oz,	0.086
Cranberry sauce, canned, sweetened	1.0 cups	0.086
Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cups	0.086
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cups,	0.086
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups,	0.086
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	0.085
Cauliflower, green, raw	1.0 cups	0.085
Papayas, raw	1.0 cups 1"	0.084
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	0.084
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	0.084
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with	0.083
Beets, raw	1.0 cups	0.082
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.078
Squash, winter, butternut, cooked, baked, without salt	1.0 cups,	0.078
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	0.077
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	0.077
Grapes, canned, thompson seedless, water pack, solids and liquids	1.0 cups	0.076
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.076
Yogurt, plain, low fat	1.0 container (6 oz)	0.075
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	0.075
Orange juice, chilled, includes from concentrate, with added calcium	1.0 cups	0.075
Spices, mace, ground	1.0 tsp	0.075
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.074
Cherries, sour, red, canned, light syrup pack, solids and liquids	1.0 cups	0.073
Cardoon, raw	1.0 cups, shredded	0.073
Snacks, potato chips, fat free, salted	1.0 oz	0.072
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	0.072

Cherries, sweet, raw	1.0 cups, with pits, yields	0.072
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.071
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	0.07
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.07
Squash, winter, butternut, frozen, cooked, boiled, without salt	1.0 cups,	0.07
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	0.069
Spices, caraway seed	1.0 tsp	0.069
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cups	0.069
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.068
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	0.068
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	0.068
Currants, zante, dried	1.0 cups	0.068
Cream, sour, reduced fat, cultured	1.0 tbsp	0.067
Spices, anise seed	1.0 tsp, whole	0.066
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	0.066
Tomato juice, canned, with salt added	1.0 cups	0.066
Tomato juice, canned, without salt added	1.0 cups	0.066
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups,	0.065
Milk, buttermilk, dried	0.25 cups	0.065
Okra, frozen, unprepared	0.33 package (10 oz)	0.063
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	0.062
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	0.062
Beets, canned, regular pack, solids and liquids	1.0 cups	0.062
Spices, curry powder	1.0 tsp	0.061
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	0.06
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	0.059
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	0.059
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	0.059
Nuts, coconut cream, raw (liquid expressed from grated meat)	1.0 tbsp	0.057
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	0.056
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	0.056
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	0.056
Radishes, raw	1.0 cups slices	0.056
Lime juice, raw	1.0 cups	0.056

Grapefruit, raw, white, Florida	1.0 cups sections, with	0.055
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	0.055
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	0.054
Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	1.0 slice	0.053
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.053
Grapefruit juice, white, canned, sweetened	1.0 cups	0.052
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	0.052
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups,	0.052
Chicory roots, raw	1.0 root	0.052
Lemon juice, raw	1.0 cups	0.051
Spinach, raw	1.0 cups	0.05
Whey, sweet, dried	1.0 cups	0.049
Candies, YORK Peppermint Pattie	1.0 patty 1.5	0.047
Apricots, canned, heavy syrup, drained	1.0 cups,	0.046
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	0.045
Alcoholic beverage, pina colada, canned	1.0 fl oz	0.045
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	0.044
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cups	0.042
Apples, raw, without skin	1.0 cups slices	0.041
Rice noodles, cooked	1.0 cups	0.04
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	0.04
Candies, YORK BITES	15.0 pieces	0.039
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.0 cups,	0.039
Cowpeas, leafy tips, raw	1.0 cups,	0.038
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cups	0.038
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	0.038
Papaya, canned, heavy syrup, drained	1.0 piece	0.037
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	0.037
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	0.037
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	0.037
Olives, pickled, canned or bottled, green	1.0 olive	0.035
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	0.035
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	0.034
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	0.034
Gravy, brown instant, dry	1.0 serving	0.033
Potatoes, flesh and skin, raw	0.5 cups, diced	0.032
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	0.031
Mountain yam, hawaii, raw	0.5 cups,	0.031
Nuts, coconut cream, canned, sweetened	1.0 tbsp	0.03
Puddings, chocolate, ready-to-eat	1.0 oz	0.03

Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	0.029
Milk shakes, thick chocolate	1.0 fl oz	0.028
Onions, raw	1.0 cups,	0.027
Candies, MOUNDS Candy Bar	1.0 bar snack	0.027
Spices, marjoram, dried	1.0 tsp	0.026
Potatoes, baked, skin, without salt	1.0 skin	0.025
Tree fern, cooked, without salt	0.5 cups,	0.024
Onions, frozen, whole, unprepared	0.33 package (10 oz)	0.024
Chicory, witloof, raw	1.0 head	0.023
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	0.023
Spices, turmeric, ground	1.0 tsp	0.023
Spices, tarragon, dried	1.0 tsp, leaves	0.022
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	0.022
Endive, raw	0.5 cups,	0.022
Milk substitutes, fluid, with lauric acid oil	1.0 cups	0.02
Beverages, Whey protein powder isolate	3.0 scoop	0.018
Pears, canned, light syrup pack, solids and liquids	1.0 cups,	0.018
Candies, caramels, chocolate-flavor roll	1.0 piece	0.018
Beet greens, raw	1.0 cups	0.017
Spices, ginger, ground	1.0 tsp	0.017
Candies, TWIZZLERS CHERRY BITES	18.0 pieces	0.016
Kanpyo, (dried gourd strips)	1.0 strip	0.015
Spices, bay leaf	1.0 tsp,	0.014
Spices, thyme, dried	1.0 tsp, leaves	0.012
Parmesan cheese topping, fat free	1.0 tablespoon	0.009
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.25 cups	0.009
Onions, dehydrated flakes	1.0 tbsp	0.009
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.009
Spices, nutmeg, ground	1.0 tsp	0.008
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	0.007
Beverages, Whiskey sour mix, bottled	1.0 fl oz	0.006
Whiskey sour mix, bottled, with added potassium and sodium	1.0 fl oz	0.006
Arugula, raw	1.0 leaf	0.006
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	0.006
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.0 tbsp	0.006
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	0.005
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	0.004
Ginger root, raw	1.0 tsp	0.003
Drumstick pods, raw	1.0 cups slices	0.003
Orange peel, raw	1.0 tbsp	0.002
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4	0.002

Milk, dry, nonfat, calcium reduced	1.0 oz	0.002
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	0.002
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp	0.002
Spices, cinnamon, ground	1.0 tsp	0.002
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	0.001
Dill weed, fresh	5.0 sprigs	0.001