



Abridged List Ordered by Nutrient Content in Household Measure  
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)  
Nutrients: **Vitamin B-12** (µg)

| Description  | Measure          | Vitamin B-12 (µg) Per Measure |
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| Mollusks, mussel, blue, raw  | 1.0 cups         | 18                            |
| Mollusks, octopus, common, raw   | 3.0 oz           | 17                            |
| Mollusks, oyster, eastern, wild, cooked, moist heat  | 3.0 oz           | 14.88                         |
| Mollusks, oyster, eastern, farmed, raw   | 3.0 oz           | 13.77                         |
| Mollusks, oyster, eastern, cooked, breaded and fried   | 3.0 oz           | 13.29                         |
| Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12 | 16.0 fl oz       | 12                            |
| Mollusks, oyster, eastern, wild, cooked, dry heat  | 3.0 oz           | 10.97                         |
| Crustaceans, crab, queen, cooked, moist heat   | 3.0 oz           | 8.82                          |
| Fish, herring, Pacific, raw  | 3.0 oz           | 8.5                           |
| Fish, bluefish, raw  | 1.0 fillet       | 8.09                          |
| Mollusks, oyster, Pacific, raw   | 1.0 medium       | 8                             |
| Liverwurst spread  | 0.25 cups        | 7.4                           |
| Fish, bluefish, cooked, dry heat   | 1.0 fillet       | 7.28                          |
| Beverages, Energy drink, ROCKSTAR, sugar free  | 8.0 fl oz        | 6                             |
| Fish, herring, Atlantic, pickled   | 1.0 cups         | 5.98                          |
| Braunschweiger (a liver sausage), pork   | 1.0 oz           | 5.7                           |
| Pork, fresh, variety meats and by-products, pancreas, raw  | 1.0 oz           | 4.65                          |
| Fish, trout, mixed species, cooked, dry heat   | 1.0 fillet       | 4.64                          |
| Fish, salmon, pink, canned, drained solids   | 3.0 oz           | 4.21                          |
| Cheese, swiss  | 1.0 cups, diced  | 4.04                          |
| Fish, herring, Atlantic, raw   | 1.0 oz, boneless | 3.88                          |
| Fish, salmon, coho, wild, cooked, moist heat   | 3.0 oz           | 3.81                          |
| Desserts, mousse, chocolate, prepared-from-recipe  | 1.0 recipe yield | 3.8                           |
| Fish, salmon, pink, canned, without salt, solids with bone   | 3.0 oz           | 3.74                          |
| Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted                        | 3.0 oz           | 3.74                          |
| Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw  | 4.0 oz           | 3.63                          |
| Fish, lingcod, cooked, dry heat  | 3.0 oz           | 3.53                          |
| Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised                                     | 3.0 oz           | 3.45                          |
| Whey, sweet, dried   | 1.0 cups         | 3.44                          |
| Crustaceans, spiny lobster, mixed species, cooked, moist   | 3.0 oz           | 3.43                          |
| Fish, roe, mixed species, cooked, dry heat   | 1.0 oz           | 3.27                          |
| Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered  | 3.0 oz           | 3.22                          |

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| Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled                              | 3.0 oz   | 3.21 |
| Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw            | 4.0 oz   | 3.19 |
| Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw    | 4.0 oz   | 3.08 |
| Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw                       | 4.0 oz   | 3.04 |
| Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled        | 3.0 oz   | 3.03 |
| Beverages, Whey protein powder isolate   | 3.0 scoop  | 3    |
| Beverages, almond milk, sweetened, vanilla flavor, ready-  | 8.0 fl oz  | 3    |
| Beverages, almond milk, chocolate, ready-to-drink  | 8.0 fl oz  | 3    |
| Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8"        | 3.0 oz   | 2.95 |
| Fish, salmon, chum, cooked, dry heat   | 3.0 oz   | 2.94 |
| Fish, seatrout, mixed species, cooked, dry heat  | 3.0 oz   | 2.94 |
| Fish, trout, rainbow, farmed, cooked, dry heat   | 1.0 fillet                                       | 2.92 |
| Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked,               | 3.0 oz   | 2.76 |
| Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised              | 3.0 oz   | 2.72 |
| Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, | 3.0 oz   | 2.71 |
| Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked,     | 3.0 oz   | 2.71 |
| Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted        | 3.0 oz   | 2.71 |
| Chicken, broilers or fryers, giblets, raw  | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 2.62 |
| Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat,        | 3.0 oz   | 2.59 |
| Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat,       | 3.0 oz   | 2.56 |
| Cheese, mozzarella, whole milk   | 1.0 cups, shredded                               | 2.55 |
| Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised           | 3.0 oz   | 2.55 |
| Cheese, feta   | 1.0 cups, crumbled                               | 2.54 |
| Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled                                    | 3.0 oz   | 2.45 |
| Game meat, elk, ground, cooked, pan-broiled  | 1.0 patty ( yield from 104.1 g raw meat )        | 2.44 |
| Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted              | 3.0 oz   | 2.42 |

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| Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised                       | 3.0 oz                                    | 2.41 |
| Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled                                    | 1.0 serving ( 3 oz )                      | 2.41 |
| Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled  | 1.0 steak ( yield from 134.9 g raw meat ) | 2.32 |
| Fish, cod, Pacific, raw (may have been previously frozen)   | 1.0 fillet                                | 2.3  |
| Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                       | 3.0 oz                                    | 2.28 |
| Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised                      | 3.0 oz                                    | 2.24 |
| Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, | 3.0 oz                                    | 2.22 |
| Cheese, mozzarella, low moisture, part-skim   | 1.0 cups, diced                           | 2.22 |
| Beef, ground, 90% lean meat / 10% fat, patty, cooked,   | 3.0 oz                                    | 2.18 |
| Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                                   | 3.0 oz                                    | 2.18 |
| Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled           | 3.0 oz                                    | 2.16 |
| Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled                | 3.0 oz                                    | 2.09 |
| Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked,              | 3.0 oz                                    | 2.07 |
| Fish, mackerel, spanish, raw  | 3.0 oz                                    | 2.04 |
| Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw                     | 4.0 oz                                    | 2.03 |
| Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised                                      | 1.0 serving ( 3 oz )                      | 2.02 |
| Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan                              | 1.0 bottle                                | 2.01 |
| Game meat, bison, ground, cooked, pan-broiled   | 1.0 patty ( yield from 112.7 g raw meat ) | 1.98 |
| Fish, mackerel, jack, canned, drained solids  | 1.0 oz, boneless                          | 1.97 |
| Fish, pike, northern, cooked, dry heat  | 3.0 oz                                    | 1.95 |
| Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled        | 3.0 oz                                    | 1.95 |
| Cheese, muenster  | 1.0 cups, diced                           | 1.94 |
| Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled    | 3.0 oz                                    | 1.94 |
| Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled              | 3.0 oz                                    | 1.93 |
| Cheese, provolone   | 1.0 cups, diced                           | 1.93 |
| Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                        | 4.0 oz                                    | 1.9  |
| Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                                   | 3.0 oz                                    | 1.89 |

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| Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                                | 3.0 oz                     | 1.87 |
| Fish, tuna, white, canned in oil, drained solids  | 3.0 oz                     | 1.87 |
| Fish, tuna, skipjack, fresh, cooked, dry heat   | 3.0 oz                     | 1.86 |
| Fish, tilapia, raw  | 1.0 fillet                 | 1.83 |
| Fish, yellowtail, mixed species, cooked, dry heat   | 0.5 fillet                 | 1.82 |
| Salami, pork, beef, less sodium   | 3.0 oz                     | 1.76 |
| Milk, sheep, fluid  | 1.0 cups                   | 1.74 |
| Fish, wolffish, Atlantic, raw   | 3.0 oz                     | 1.73 |
| Cheese, pasteurized process, swiss  | 1.0 cups, diced            | 1.72 |
| Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS   | 1.0 cups (1 NLEA serving)  | 1.68 |
| Fish, flatfish (flounder and sole species), cooked, dry heat  | 1.0 fillet                 | 1.66 |
| Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised                    | 3.0 oz                     | 1.63 |
| Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles  | 3.0 oz                     | 1.61 |
| Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled                       | 3.0 oz                     | 1.61 |
| Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled             | 3.0 oz                     | 1.56 |
| Fish, haddock, raw  | 3.0 oz                     | 1.56 |
| Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled                                     | 1.0 serving ( 3 oz )       | 1.54 |
| Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches  | 1.0 cups (1 NLEA serving)  | 1.51 |
| Chicken, gizzard, all classes, cooked, simmered   | 1.0 cups chopped or dice   | 1.51 |
| Cereals ready-to-eat, POST, COCOA PEBBLES   | 0.75 cups (1 NLEA serving) | 1.51 |
| Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                  | 3.0 oz                     | 1.5  |
| Cheese food, pasteurized process, American, vitamin D   | 1.0 cups                   | 1.5  |
| Cereals ready-to-eat, POST, Honeycomb Cereal  | 1.0 cups (1 NLEA serving)  | 1.5  |
| Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches  | 0.75 cups (1 NLEA serving) | 1.5  |
| Cheese, cheddar (Includes foods for USDA's Food Distribution Program)   | 1.0 cups, diced            | 1.45 |
| Turkey from whole, light meat, meat only, with added solution, cooked, roasted                                  | 3.0 oz                     | 1.45 |
| Turkey, retail parts, thigh, meat and skin, cooked, roasted   | 3.0 oz                     | 1.42 |
| Turkey, whole, dark meat, meat and skin, cooked, roasted  | 3.0 oz                     | 1.41 |
| Cheese, parmesan, grated  | 1.0 cups                   | 1.4  |
| Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" | 4.0 oz                     | 1.39 |
| Fish, swordfish, cooked, dry heat   | 3.0 oz                     | 1.38 |
| Veal, shank (fore and hind), separable lean and fat,  | 3.0 oz                     | 1.37 |
| Cheese, mexican, queso chihuahua  | 1.0 cups, diced            | 1.36 |
| Sausage, chicken, beef, pork, skinless, smoked  | 1.0 link                   | 1.34 |

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| Sausage, pork and beef, with cheddar cheese, smoked   | 12.0 oz serving 2.7 oz | 1.33 |
| Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled                   | 3.0 oz                 | 1.33 |
| Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 3.0 oz                 | 1.3  |
| Game meat, elk, round, separable lean only, cooked, broiled   | 1.0 serving ( 3 oz )   | 1.27 |
| Veal, breast, whole, boneless, separable lean only,   | 3.0 oz                 | 1.26 |
| Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw                                      | 4.0 oz                 | 1.23 |
| Fast Foods, biscuit, with egg and sausage   | 1.0 item               | 1.22 |
| Milk, dry, nonfat, regular, without added vitamin A and   | 0.25 cups              | 1.21 |
| Fish, cisco, smoked   | 1.0 oz                 | 1.21 |
| Pork, fresh, variety meats and by-products, brain, cooked,  | 3.0 oz                 | 1.21 |
| Milk, buttermilk, dried   | 0.25 cups              | 1.15 |
| Eggnog  | 1.0 cups               | 1.14 |
| Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat,        | 3.0 oz                 | 1.13 |
| Veal, breast, whole, boneless, separable lean and fat, cooked, braised  | 3.0 oz                 | 1.13 |
| Milk, dry, nonfat, calcium reduced  | 1.0 oz                 | 1.13 |
| Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw                                      | 4.0 oz                 | 1.11 |
| Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled  | 1.0 serving ( 3 oz )   | 1.1  |
| Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw               | 4.0 oz                 | 1.08 |
| Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted   | 1.0 cups, diced        | 1.08 |
| Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D                         | 1.0 cups               | 1.06 |
| Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D                              | 1.0 cups               | 1.06 |
| Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)                      | 1.0 cups               | 1.06 |
| Bratwurst, pork, beef and turkey, lite, smoked  | 1.0 serving 2.33 oz    | 1.06 |
| Cheese, ricotta, whole milk   | 0.5 cups               | 1.05 |
| Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw                                   | 4.0 oz                 | 1.04 |
| Fast foods, biscuit, with egg and bacon   | 1.0 biscuit            | 1.03 |
| Fast foods, croissant, with egg, cheese, and ham  | 1.0 item               | 1.02 |
| Fast foods, english muffin, with egg, cheese, and canadian  | 1.0 sandwich           | 1.02 |
| Pastrami, beef, 98% fat-free  | 1.0 serving 6 slices   | 1    |
| Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled   | 1.0 steak              | 0.99 |
| Pork, fresh, leg (ham), whole, separable lean only, cooked,   | 1.0 cups, diced        | 0.97 |

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| Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled                                | 3.0 oz                  | 0.96 |
| Yogurt, plain, low fat   | 1.0 container (6 oz)    | 0.95 |
| Cheese substitute, mozzarella  | 1.0 cups, shredded      | 0.92 |
| Pork sausage, link/patty, reduced fat, unprepared  | 3.0 oz                  | 0.89 |
| Fish, cod, Atlantic, canned, solids and liquid   | 3.0 oz                  | 0.89 |
| Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8"      | 1.0 oz                  | 0.89 |
| Yogurt, fruit, low fat, 11g protein/8 oz   | 1.0 container (6 oz)    | 0.88 |
| Milk, producer, fluid, 3.7% milkfat  | 1.0 cups                | 0.88 |
| Sausage, Italian, sweet, links   | 1.0 link 3 oz           | 0.87 |
| Fast foods, croissant, with egg, cheese, and sausage   | 1.0 sandwich            | 0.87 |
| Fish, ocean perch, Atlantic, cooked, dry heat  | 1.0 fillet              | 0.86 |
| Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw   | 1.0 oz                  | 0.85 |
| Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw       | 1.0 oz                  | 0.85 |
| Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw      | 1.0 oz                  | 0.85 |
| Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw                  | 1.0 oz                  | 0.85 |
| Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw                  | 1.0 oz                  | 0.85 |
| Beverages, Meal supplement drink, canned, peanut flavor  | 1.0 cups                | 0.84 |
| Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked,         | 3.0 oz                  | 0.83 |
| Fish, burbot, cooked, dry heat   | 1.0 fillet              | 0.83 |
| Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D                                | 1.0 cups                | 0.82 |
| Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D                                      | 1.0 cups                | 0.82 |
| Frankfurter, meat  | 1.0 serving (1 hot dog) | 0.82 |
| Fish, scup, cooked, dry heat   | 1.0 fillet              | 0.81 |
| Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed  | 3.0 oz                  | 0.81 |
| Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw    | 1.0 oz                  | 0.8  |
| Fish, cisco, raw   | 1.0 fillet              | 0.79 |
| Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw | 1.0 oz                  | 0.79 |
| Salami, Italian, pork  | 1.0 oz                  | 0.78 |
| Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw                        | 1.0 oz                  | 0.77 |
| Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted                              | 3.0 oz                  | 0.76 |

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| Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted                            | 3.0 oz                 | 0.75 |
| Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw                                   | 1.0 oz                 | 0.74 |
| Sausage, turkey, fresh, raw   | 1.0 serving            | 0.74 |
| Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw              | 1.0 oz                 | 0.74 |
| Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat,  | 1.0 oz                 | 0.74 |
| Chicken, skin (drumsticks and thighs), raw  | 4.0 oz                 | 0.73 |
| Yogurt, fruit, low fat, 9 g protein/8 oz  | 1.0 container (6 oz)   | 0.73 |
| Pork, ground, 96% lean / 4% fat, cooked, crumbles   | 3.0 oz grilled patties | 0.73 |
| Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted             | 1.0 slice              | 0.72 |
| Pork, ground, 96% lean / 4% fat, raw  | 4.0 oz                 | 0.72 |
| Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw                  | 1.0 oz                 | 0.72 |
| Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted                              | 3.0 oz                 | 0.71 |
| Pork, fresh, leg (ham), whole, separable lean and fat, raw  | 4.0 oz                 | 0.71 |
| Cheese, cottage, lowfat, 1% milkfat   | 4.0 oz                 | 0.71 |
| Turkey, drumstick, from whole bird, meat only, raw  | 4.0 oz                 | 0.71 |
| Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter                            | 3.0 oz                 | 0.71 |
| Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw                    | 1.0 oz                 | 0.7  |
| Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, | 1.0 oz                 | 0.7  |
| Cheese, cottage, nonfat, uncreamed, dry, large or small curd  | 1.0 cups (not packed)  | 0.67 |
| Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw  | 1.0 oz                 | 0.65 |
| Beerwurst, beer salami, pork and beef   | 2.0 oz                 | 0.65 |
| Beerwurst, pork and beef  | 1.0 serving 2 oz       | 0.65 |
| Chicken, dark meat, thigh, meat only, with added solution,  | 4.0 oz                 | 0.63 |
| Yogurt, plain, whole milk   | 1.0 container (6 oz)   | 0.63 |
| Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled                              | 3.0 oz                 | 0.62 |
| DIGIORNO Pizza, cheese topping, rising crust, frozen, baked   | 1.0 slice 1/4 of pie   | 0.6  |
| Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled                           | 3.0 oz                 | 0.6  |
| Beverages, Energy drink, AMP, sugar free  | 8.0 fl oz              | 0.6  |
| Cheese, cottage, creamed, with fruit  | 4.0 oz                 | 0.6  |
| Pork, fresh, loin, whole, separable lean and fat, cooked,   | 3.0 oz                 | 0.59 |
| Beverages, V8 SPLASH Smoothies, Peach Mango   | 1.0 serving 8 oz       | 0.59 |

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| Beverages, V8 SPLASH Smoothies, Strawberry Banana  | 1.0 serving 8 oz           | 0.59 |
| Pork, fresh, variety meats and by-products, feet, raw                                      | 4.0 oz                     | 0.59 |
| Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw            | 4.0 oz                     | 0.59 |
| Fish, mahimahi, cooked, dry heat   | 3.0 oz                     | 0.59 |
| Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled | 3.0 oz                     | 0.59 |
| Fish, grouper, mixed species, cooked, dry heat   | 3.0 oz                     | 0.59 |
| Soup, cream of shrimp, canned, prepared with equal   | 1.0 cups                   | 0.59 |
| Turkey, ground, fat free, patties, broiled   | 3.0 oz                     | 0.57 |
| Pork, fresh, enhanced, loin, tenderloin, separable lean                                    | 4.0 oz                     | 0.56 |
| Cheese spread, pasteurized process, American   | 1.0 cups, diced            | 0.56 |
| Soup, chicken noodle, dry, mix   | 1.0 packet                 | 0.56 |
| Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw     | 4.0 oz                     | 0.55 |
| Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw             | 4.0 oz                     | 0.55 |
| Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted      | 3.0 oz                     | 0.54 |
| Bacon and beef sticks  | 1.0 oz                     | 0.53 |
| Cheese, cottage, lowfat, 2% milkfat  | 4.0 oz                     | 0.53 |
| Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw     | 1.0 oz                     | 0.52 |
| Chicken, broiler, rotisserie, BBQ, back meat only  | 3.0 oz                     | 0.52 |
| Fish, grouper, mixed species, raw  | 3.0 oz                     | 0.51 |
| Pork, cured, ham, shank, bone-in, separable lean only,                                     | 3.0 oz                     | 0.49 |
| Cheese, cottage, creamed, large or small curd  | 4.0 oz                     | 0.49 |
| Barbecue loaf, pork, beef  | 1.0 oz                     | 0.48 |
| Pork, cured, ham, rump, bone-in, separable lean only,                                      | 3.0 oz                     | 0.48 |
| Turkey, all classes, back, meat and skin, cooked, roasted                                  | 1.0 cups, chopped or diced | 0.48 |
| Biscuits, plain or buttermilk, dry mix   | 1.0 cups, purchased        | 0.47 |
| Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted       | 3.0 oz                     | 0.47 |
| Egg, yolk, raw, frozen, sugared, pasteurized   | 1.0 oz                     | 0.46 |
| Chicken, broilers or fryers, dark meat, meat only, cooked,                                 | 1.0 cups                   | 0.46 |
| Pork, cured, ham, shank, bone-in, separable lean and fat,                                  | 3.0 oz                     | 0.46 |
| Pork, cured, ham, rump, bone-in, separable lean and fat,                                   | 3.0 oz                     | 0.45 |
| Pork, Leg sirloin tip roast, boneless, separable lean and                                  | 3.0 oz                     | 0.45 |
| Egg, whole, cooked, fried  | 1.0 large                  | 0.45 |
| Egg, whole, raw, fresh   | 1.0 large                  | 0.45 |
| Puddings, chocolate, dry mix, regular, prepared with                                       | 0.5 cups                   | 0.44 |
| Fish, ocean perch, Atlantic, raw   | 1.0 oz, boneless           | 0.43 |
| Cheese, pasteurized process, American, fortified with                                      | 1.0 oz                     | 0.43 |
| Soup, beef and vegetables, canned, ready-to-serve  | 1.0 cups                   | 0.42 |
| Chicken, broilers or fryers, back, meat only, raw  | 4.0 oz                     | 0.41 |
| Pasta, fresh-refrigerated, plain, as purchased   | 4.0 oz                     | 0.4  |
| Pasta, fresh-refrigerated, spinach, as purchased   | 4.0 oz                     | 0.4  |



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| Veal, shank (fore and hind), separable lean only, raw  | 1.0 oz   | 0.39 |
| Veal, shank (fore and hind), separable lean and fat, raw   | 1.0 oz   | 0.39 |
| Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil                 | 3.0 oz (3 oz)                                    | 0.37 |
| Frankfurter, pork  | 1.0 link   | 0.37 |
| Cheese, camembert  | 1.0 oz   | 0.37 |
| Cheese, ricotta, part skim milk  | 0.5 cups   | 0.36 |
| Egg, whole, cooked, poached  | 1.0 large  | 0.35 |
| Ice creams, vanilla, light, no sugar added   | 1.0 serving 1/2 cups                             | 0.35 |
| Cheese, American, nonfat or fat free   | 1.0 serving                                      | 0.35 |
| Egg substitute, powder   | 0.35 oz  | 0.35 |
| Puddings, tapioca, ready-to-eat, fat free  | 1.0 container refrigerated 4 oz                  | 0.35 |
| Cheese, blue   | 1.0 oz   | 0.35 |
| Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% | 2.0 oz 1 NLEA serving                            | 0.34 |
| Squab, (pigeon), meat and skin, raw  | 3.0 oz   | 0.34 |
| Candies, confectioner's coating, peanut butter   | 1.0 cups chips                                   | 0.34 |
| Chicken, broilers or fryers, light meat, meat only, raw  | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.33 |
| Turkey, whole, breast, meat only, cooked, roasted  | 3.0 oz   | 0.33 |
| Sausage, pork and turkey, pre-cooked   | 1.0 serving                                      | 0.33 |
| Chicken, broilers or fryers, leg, meat and skin, cooked,   | 3.0 oz   | 0.32 |
| Fish, flatfish (flounder and sole species), raw  | 1.0 oz, boneless                                 | 0.32 |
| Guinea hen, meat only, raw   | 3.0 oz   | 0.31 |
| Crackers, cheese, sandwich-type with cheese filling  | 6.0 cracker 1 cracker = 6.5g                     | 0.31 |
| Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed  | 1.0 cups, chopped or diced                       | 0.31 |
| Bologna, pork, turkey and beef   | 1.0 oz   | 0.31 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA                        | 5.0 fl oz  | 0.31 |
| Turkey, all classes, leg, meat and skin, cooked, roasted   | 3.0 oz   | 0.31 |
| Lamb, Australian, imported, fresh, separable fat, raw  | 1.0 oz   | 0.3  |
| Chicken, broilers or fryers, meat and skin, cooked, fried,   | 3.0 oz   | 0.26 |
| Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies   | 1.0 package (1.69 oz)                            | 0.25 |
| Soup, cream of celery, canned, prepared with equal   | 1.0 cups   | 0.25 |
| Soup, chicken, canned, chunky, ready-to-serve  | 1.0 cups   | 0.24 |
| Sausage, turkey, hot, smoked   | 2.0 oz   | 0.24 |
| Soup, pea, split with ham, canned, chunky, ready-to-serve  | 1.0 cups   | 0.24 |
| Cream, fluid, light whipping   | 1.0 cups, whipped                                | 0.24 |
| Gravy, beef, canned, ready-to-serve  | 1.0 cups   | 0.23 |
| Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added                   | 1.0 cups   | 0.23 |
| Noodles, egg, spinach, enriched, cooked  | 1.0 cups   | 0.22 |
| Bologna, chicken, turkey, pork   | 1.0 serving                                      | 0.22 |

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| Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed                     | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.22 |
| Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added | 1.0 cups   | 0.21 |
| Ham, honey, smoked, cooked  | 1.0 oz (1 serving)                               | 0.21 |
| Dessert topping, powdered, 1.5 ounce prepared with 1/2                                    | 1.0 cups   | 0.21 |
| Soup, beef noodle, canned, condensed  | 0.5 cups   | 0.2  |
| Bread, salvadoran sweet cheese (quesadilla salvadorena)                                   | 1.0 serving (approximate serving size)           | 0.19 |
| Cream puff, eclair, custard or cream filled, iced   | 4.0 oz   | 0.19 |
| Cream, fluid, heavy whipping  | 1.0 cups, whipped                                | 0.19 |
| Chicken, broilers or fryers, leg, meat only, cooked, fried                                | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.19 |
| Pork sausage, link/patty, fully cooked, unheated  | 1.0 link   | 0.17 |
| Cream, whipped, cream topping, pressurized  | 1.0 cups   | 0.17 |
| Puddings, chocolate, ready-to-eat, fat free   | 1.0 serving 4 oz                                 | 0.17 |
| Puddings, rice, ready-to-eat  | 1.0 serving 4 oz pudding cups                    | 0.17 |
| Milk, canned, condensed, sweetened  | 1.0 fl oz  | 0.17 |
| Soup, chicken with rice, canned, condensed  | 0.5 cups   | 0.16 |
| Bologna, pork and turkey, lite  | 1.0 serving 2 oz                                 | 0.16 |
| Veal, breast, separable fat, cooked   | 1.0 oz   | 0.16 |
| Bologna, meat and poultry   | 1.0 slice  | 0.16 |
| Cake, chocolate, prepared from recipe without frosting                                    | 1.0 piece (1/12 of 9" dia)                       | 0.15 |
| Chicken, broilers or fryers, back, meat and skin, raw                                     | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.15 |
| Noodles, egg, unenriched, cooked, without added salt                                      | 1.0 cups   | 0.14 |
| Crackers, cream, Gamesa Sabrosas  | 11.0 crackers (1 NLEA serving)                   | 0.14 |
| Candies, NESTLE, 100 GRAND Bar  | 1.0 bar (1.5 oz)                                 | 0.12 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA          | 1.0 scoop  | 0.12 |
| Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs                 | 1.0 muffin                                       | 0.12 |
| Bread, cheese   | 1.0 slice  | 0.12 |
| Egg, whole, cooked, omelet  | 1.0 tbsp   | 0.11 |
| Muffin, blueberry, commercially prepared, low-fat   | 1.0 muffin small                                 | 0.11 |
| Noodles, egg, dry, unenriched   | 1.0 cups   | 0.11 |
| Cake, yellow, prepared from recipe without frosting                                       | 1.0 piece (1/12 of 8" dia)                       | 0.11 |
| POPEYES, Spicy Chicken Strips, analyzed 2006  | 1.0 strip  | 0.11 |
| Turkey, white, rotisserie, deli cut   | 1.0 oz (1 serving)                               | 0.11 |
| Candies, 5TH AVENUE Candy Bar   | 1.0 bar 2 oz                                     | 0.1  |

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| Chocolate-flavored hazelnut spread  | 1.0 serving 2 TBSP  | 0.1  |
| Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar  | 1.0 serving 2.13 oz bar   | 0.1  |
| Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA      | 1.0 fl oz   | 0.09 |
| Milk shakes, thick chocolate  | 1.0 fl oz   | 0.09 |
| Croissants, cheese  | 1.0 oz  | 0.09 |
| Sauce, cheese, ready-to-serve   | 0.25 cups   | 0.09 |
| Chicken, broilers or fryers, drumstick, meat only, cooked, fried  | 1.0 unit (yield from 1 lb ready-to-cook chicken)                        | 0.09 |
| Cheese, neufchatel  | 1.0 oz  | 0.09 |
| Bread, reduced-calorie, white   | 1.0 oz  | 0.08 |
| Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D                                    | 1.0 fl oz   | 0.08 |
| Snacks, tortilla chips, low fat, made with olestra, nacho   | 1.0 oz  | 0.08 |
| Pie, banana cream, prepared from recipe   | 1.0 oz  | 0.07 |
| Bread, pan dulce, sweet yeast bread   | 1.0 slice (average weight of 1 slice)                                   | 0.07 |
| Cake, sponge, commercially prepared   | 1.0 oz  | 0.07 |
| Infant Formula, GERBER GOOD START 2, GENTLE PLUS,   | 1.0 fl oz   | 0.07 |
| Martha White Foods, Martha White's Buttermilk Biscuit   | 1.0 serving   | 0.07 |
| Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%) | 1.0 oz  | 0.07 |
| Cookies, peanut butter sandwich, regular  | 1.0 oz  | 0.07 |
| Chicken, broilers or fryers, wing, meat only, raw   | 1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken) | 0.06 |
| Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat   | 1.0 cups (1 NLEA serving)   | 0.06 |
| Soup, cream of chicken, canned, condensed, reduced  | 0.5 cups  | 0.06 |
| Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed                 | 1.0 fl oz   | 0.06 |
| Infant formula, GERBER, GOOD START 2 Soy, with iron,  | 1.0 fl oz   | 0.06 |
| Cake, cherry fudge with chocolate frosting  | 1.0 oz  | 0.06 |
| POPEYES, Mild Chicken Strips, analyzed 2006   | 1.0 strip   | 0.06 |
| Frozen novelties, No Sugar Added, FUDGSICLE pops  | 1.0 serving   | 0.06 |
| Candies, truffles, prepared-from-recipe   | 1.0 piece   | 0.06 |
| Cream, fluid, half and half   | 1.0 fl oz   | 0.06 |
| Danish pastry, cheese   | 1.0 oz  | 0.06 |
| Snacks, corn-based, extruded, puffs or twists, cheese-flavor  | 1.0 oz crunchy (about 21 pieces)  | 0.06 |
| Cake, coffeecake, creme-filled with chocolate frosting  | 1.0 oz  | 0.06 |
| Croissants, apple   | 1.0 oz  | 0.06 |
| Snacks, granola bars, soft, uncoated, peanut butter   | 1.0 bar (1 oz)  | 0.06 |
| Parmesan cheese topping, fat free   | 1.0 tablespoon  | 0.06 |

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| Cake, snack cakes, creme-filled, sponge   | 1.0 oz                 | 0.05 |
| Cookies, sugar, commercially prepared, regular (includes                                | 1.0 oz                 | 0.05 |
| Chocolate, dark, 60-69% cacao solids  | 1.0 oz                 | 0.05 |
| Milk, canned, evaporated, with added vitamin D and without added vitamin A              | 1.0 fl oz              | 0.05 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA | 1.0 fl oz              | 0.05 |
| Crackers, cheese, regular   | 0.5 oz                 | 0.05 |
| Cake, cheesecake, commercially prepared   | 1.0 oz                 | 0.05 |
| Cookies, brownies, prepared from recipe   | 1.0 oz                 | 0.05 |
| Croissants, butter  | 1.0 oz                 | 0.05 |
| Cream, sour, reduced fat, cultured  | 1.0 tbsp               | 0.04 |
| Bread, cornbread, prepared from recipe, made with low fat (2%) milk                     | 1.0 oz                 | 0.04 |
| Cream, fluid, light (coffee cream or table cream)                                       | 1.0 fl oz              | 0.04 |
| Biscuits, plain or buttermilk, frozen, baked  | 1.0 oz                 | 0.04 |
| Cake, coffeecake, cinnamon with crumb topping, dry mix,                                 | 1.0 oz                 | 0.04 |
| Sour dressing, non-butterfat, cultured, filled cream-type                               | 1.0 tbsp               | 0.04 |
| Chicken breast, oven-roasted, fat-free, sliced  | 1.0 serving 2 slices   | 0.04 |
| Snacks, pork skins, barbecue-flavor   | 1.0 oz                 | 0.04 |
| Salad dressing, mayonnaise, soybean and safflower oil,                                  | 1.0 tablespoon         | 0.04 |
| Salad dressing, mayonnaise, imitation, milk cream                                       | 1.0 tablespoon         | 0.03 |
| Garlic bread, frozen  | 1.0 slice presliced    | 0.03 |
| Cheese, cream   | 1.0 tbsp               | 0.03 |
| Candies, NESTLE, BUTTERFINGER Crisp   | 1.0 piece              | 0.03 |
| Egg, white, raw, fresh  | 1.0 large              | 0.03 |
| Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32   | 2.0 tablespoon         | 0.03 |
| Biscuits, plain or buttermilk, refrigerated dough, higher fat                           | 1.0 biscuit            | 0.03 |
| Bread, reduced-calorie, oatmeal   | 1.0 oz                 | 0.03 |
| Danish pastry, cinnamon, enriched   | 1.0 oz                 | 0.03 |
| Cookies, chocolate chip, refrigerated dough   | 1.0 serving            | 0.03 |
| Crackers, rusk toast  | 0.5 oz                 | 0.03 |
| Cookies, fig bars   | 1.0 oz                 | 0.03 |
| Puddings, chocolate, ready-to-eat   | 1.0 oz                 | 0.03 |
| Cookies, chocolate wafers   | 1.0 oz                 | 0.03 |
| Soup, chicken gumbo, canned, condensed  | 0.5 cups (4 fl oz)     | 0.03 |
| Cream, sour, cultured   | 1.0 tbsp               | 0.03 |
| Candies, NESTLE, BUTTERFINGER Bar   | 1.0 serving 2.1 oz bar | 0.02 |
| Pie, fried pies, fruit  | 1.0 oz                 | 0.02 |
| Gravy, brown instant, dry   | 1.0 serving            | 0.02 |
| Croutons, seasoned  | 0.5 oz                 | 0.02 |
| Cake, shortcake, biscuit-type, prepared from recipe                                     | 1.0 oz                 | 0.02 |
| Candies, fudge, chocolate, with nuts, prepared-from-                                    | 1.0 oz                 | 0.02 |
| Salad dressing, russian dressing, low calorie   | 1.0 tablespoon         | 0.02 |
| Crackers, wheat, sandwich, with cheese filling  | 0.5 oz                 | 0.02 |

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| Cake, angelfood, commercially prepared                   | 1.0 piece (1/12 of 12 oz cake) | 0.02 |
| Salad dressing, mayonnaise, regular                      | 1.0 tbsp                       | 0.02 |
| Cake, angelfood, dry mix, prepared                       | 1.0 piece (1/12 of 10" dia)    | 0.01 |
| Crackers, standard snack-type, sandwich, with cheese     | 0.5 oz                         | 0.01 |
| Bread, irish soda, prepared from recipe                  | 1.0 oz                         | 0.01 |
| Soup, chicken broth or bouillon, dry                     | 1.0 cube                       | 0.01 |
| Cookies, oatmeal, refrigerated dough                     | 1.0 oz                         | 0.01 |
| Cookies, oatmeal, refrigerated dough, baked              | 1.0 oz                         | 0.01 |
| Cookies, chocolate sandwich, with creme filling, special | 1.0 oz                         | 0.01 |
| Cookies, peanut butter, commercially prepared, regular   | 1.0 oz                         | 0.01 |
| Chicken, broilers or fryers, separable fat, raw          | 1.0 tbsp                       | 0.01 |
| Butter, salted   | 1.0 pat (1" sq, 1/3" high)     | 0.01 |
| Salad dressing, mayonnaise type, regular, with salt      | 1.0 tbsp                       | 0.01 |
| Bread, cracked-wheat                                     | 1.0 oz                         | 0.01 |
| Bread, oatmeal, toasted                                  | 1.0 oz                         | 0.01 |
| Bread, stuffing, dry mix                                 | 1.0 oz                         | 0.01 |
| Bread, white, commercially prepared, toasted             | 1.0 oz                         | 0.01 |
| Cookies, chocolate sandwich, with extra creme filling    | 1.0 oz                         | 0.01 |