



Abridged List Ordered by Nutrient Content in Household Measure  
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)  
Nutrients: **Vitamin E (alpha-tocopherol) (mg)**

Description	Measure	Vitamin E (alpha-tocopherol) (mg) Per	
		Measure	
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups		49.05
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels		32.98
Nuts, hazelnuts or filberts	1.0 cups, chopped		17.28
Cereals ready-to-eat, granola, homemade	1.0 cups		13.54
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle		13.51
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel		7.39
Peanuts, all types, dry-roasted, without salt	1.0 cups		7.2
Beverages, Whey protein powder isolate	3.0 scoop		6.75
Beverages, almond milk, sweetened, vanilla flavor, ready-	8.0 fl oz		6.74
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz		6.74
Oil, sunflower, high oleic (70% and over)	1.0 tbsp		5.75
Tomato products, canned, puree, without salt added	1.0 cups		4.92
Tomato products, canned, puree, with salt added	1.0 cups		4.92
Oil, safflower, salad or cooking, linoleic, (over 70%)	1.0 tbsp		4.64
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups		4.36
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield		4.12
Nuts, almond butter, plain, with salt added	1.0 tbsp		3.87
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves		3.83
Spinach, canned, regular pack, solids and liquids	1.0 cups		3.74
Turnip greens and turnips, frozen, cooked, boiled, drained,	1.0 cups		3.47
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust		3.26
Salad dressing, mayonnaise, soybean and safflower oil,	1.0 tablespoon		3.04
Asparagus, canned, drained solids	1.0 cups		2.95
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups		2.95
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)		2.81
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)		2.79
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped		2.71
Beverages, V8 SPLASH Juice Drinks, Mango Peach	1.0 serving 8 oz		2.7
Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	1.0 serving 8 oz		2.69
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes		2.64
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich		2.63
Kiwifruit, green, raw	1.0 cups, sliced		2.63

Snacks, potato sticks	1.0 oz	2.58
Vegetable juice cocktail, canned	1.0 cups	2.58
Cranberry sauce, canned, sweetened	1.0 cups	2.58
Oil, canola	1.0 tbsp	2.44
Broccoli, frozen, chopped, cooked, boiled, drained, without	1.0 cups	2.43
Fish, herring, Atlantic, pickled	1.0 cups	2.39
Candies, confectioner's coating, peanut butter	1.0 cups chips	2.28
Sweet potato, canned, syrup pack, drained solids	1.0 cups	2.25
Blackberry juice, canned	1.0 cups	2.25
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	2.22
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	2.18
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	2.16
Tomatoes, red, ripe, canned, stewed	1.0 cups	2.12
Fish, swordfish, cooked, dry heat	3.0 oz	2.05
Fast foods, biscuit, with egg and bacon	1.0 biscuit	2.01
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	1.98
Fish, tuna, white, canned in oil, drained solids	3.0 oz	1.95
Apricots, canned, heavy syrup, drained	1.0 cups, halves	1.95
Oil, olive, salad or cooking	1.0 tablespoon	1.94
Broccoli, frozen, chopped, unprepared	1.0 cups	1.9
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	1.84
Blackberries, frozen, unsweetened	1.0 cups, unthawed	1.77
Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	1.0 tablespoon	1.65
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	1.63
Beans, black turtle, mature seeds, cooked, boiled, without	1.0 cups	1.61
Snacks, oriental mix, rice-based	1.0 oz	1.59
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	1.57
Apricots, canned, heavy syrup pack, with skin, solids and	1.0 cups, halves	1.55
Fast Foods, biscuit, with egg and sausage	1.0 item	1.54
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	1.51
Bamboo shoots, raw	1.0 cups (1/2" slices)	1.51
Beans, black turtle, mature seeds, canned	1.0 cups	1.49
Mangos, raw	1.0 cups pieces	1.49
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	1.45
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	1.45
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	1.42
Asparagus, canned, regular pack, solids and liquids	0.5 cups	1.42
Pokeberry shoots, (poke), cooked, boiled, drained, without	1.0 cups	1.4
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	1.36
Beverages, V8 V-FUSION Juices, Peach Mango	1.0 serving 8 oz	1.35
Asparagus, cooked, boiled, drained	0.5 cups	1.35

Loganberries, frozen	1.0 cups, unthawed	1.28
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	1.26
Snacks, potato chips, barbecue-flavor	1.0 oz	1.25
Soup, beef noodle, canned, condensed	0.5 cups	1.25
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	1.23
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	1.23
Blueberries, frozen, sweetened	1.0 cups, thawed	1.2
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	1.2
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	1.19
Fast foods, croissant, with egg, cheese, and ham	1.0 item	1.18
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	1.15
Lima beans, immature seeds, frozen, fordhook,	1.0 cups	1.15
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	1.15
Fast foods, english muffin, with egg, cheese, and canadian	1.0 sandwich	1.15
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	1.12
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	1.12
Salad dressing, french, home recipe	1.0 tablespoon	1.12
Currants, european black, raw	1.0 cups	1.12
Cream, fluid, heavy whipping	1.0 cups, whipped	1.1
Fish, salmon, pink, canned, drained solids	3.0 oz	1.09
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	1.08
Cream puff, eclair, custard or cream filled, iced	4.0 oz	1.07
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	1.07
Cream, fluid, light whipping	1.0 cups, whipped	1.06
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	1.03
Mollusks, octopus, common, raw	3.0 oz	1.02
Snacks, tortilla chips, low fat, made with olestra, nacho	1.0 oz	1
Cookies, peanut butter, commercially prepared, regular	1.0 oz	1
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	0.99
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	0.98
Rice flour, brown	1.0 cups	0.95
Pomegranate juice, bottled	1.0 cups	0.95
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	0.94
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	0.93
Cookies, sugar wafers with creme filling, regular	3.0 cookies	0.9
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	0.9
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	0.89

Noodles, egg, spinach, enriched, cooked	1.0 cups	0.88
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	0.87
Cookies, sugar, commercially prepared, regular (includes	1.0 oz	0.87
Bread, whole-wheat, commercially prepared	1.0 slice	0.85
Edamame, frozen, unprepared	1.0 cups	0.85
Carrots, raw	1.0 cups chopped	0.84
Barley flour or meal	1.0 cups	0.84
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	0.84
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	0.83
Mollusks, mussel, blue, raw	1.0 cups	0.82
Focaccia, Italian flatbread, plain	1.0 piece	0.81
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	0.81
Cheese, swiss	1.0 cups, diced	0.79
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	0.79
Shortening bread, soybean (hydrogenated) and cottonseed	1.0 tablespoon	0.78
Bread, pound cake type, pan de torta salvadoran	1.0 serving	0.78
Tomato juice, canned, with salt added	1.0 cups	0.78
Tomato juice, canned, without salt added	1.0 cups	0.78
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	0.78
Brussels sprouts, raw	1.0 cups	0.77
Snacks, corn-based, extruded, onion-flavor	1.0 oz	0.76
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	0.75
Oat flour, partially debranned	1.0 cups	0.73
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	0.72
Bread, cheese	1.0 slice	0.72
Cheese food, pasteurized process, American, vitamin D	1.0 cups	0.71
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	0.7
Cookies, shortbread, commercially prepared, plain	1.0 oz	0.69
Seeds, pumpkin and squash seed kernels, roasted, with salt	1.0 cups	0.66
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	0.66
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	0.66
Dessert topping, powdered	1.0 oz	0.65
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak ( yield from 134.9 g raw meat )	0.65
Broccoli raab, raw	1.0 cups chopped	0.65
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	0.64
Soup, cream of mushroom, canned, condensed	0.5 cups	0.63
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	0.63
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	0.62
POPEYES, biscuit	1.0 biscuit	0.61
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	0.61
Spinach, raw	1.0 cups	0.61

Sorghum flour, whole-grain	1.0 cups	0.6
Egg, whole, cooked, fried	1.0 large	0.6
Dessert topping, pressurized	1.0 cups	0.59
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	0.59
Fish, mackerel, spanish, raw	3.0 oz	0.59
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	0.57
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	0.57
Beet greens, raw	1.0 cups	0.57
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	0.57
Gooseberries, raw	1.0 cups	0.56
Wheat flour, white, bread, enriched	1.0 cups	0.55
Margarine-like, margarine-butter blend, soybean oil and	1.0 tbsp	0.55
Game meat, elk, ground, cooked, pan-broiled	1.0 patty ( yield from 104.1 g raw meat )	0.54
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	0.54
Chicken, broilers or fryers, meat and skin, cooked, fried,	3.0 oz	0.54
Eggnog	1.0 cups	0.53
Lime juice, raw	1.0 cups	0.53
Cookies, peanut butter sandwich, regular	1.0 oz	0.53
Cheese, parmesan, grated	1.0 cups	0.53
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	0.53
Crackers, wheat, regular	16.0 crackers 1 serving	0.53
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	0.53
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	0.53
Egg, whole, raw, fresh	1.0 large	0.53
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	0.53
Egg, whole, cooked, poached	1.0 large	0.52
Cornmeal, whole-grain, white	1.0 cups	0.51
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	0.51
Garlic bread, frozen	1.0 slice presliced	0.51
Spices, curry powder	1.0 tsp	0.5
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	0.5
Orange juice, chilled, includes from concentrate, with	1.0 cups	0.5
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	0.5
Beverages, Propel Zero, fruit-flavored, non-carbonated	1.0 fl oz	0.49
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	0.49

Pie, fried pies, fruit	1.0 oz	0.49
Crackers, standard snack-type, regular	5.0 crackers	0.48
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	0.48
Cheese, pasteurized process, swiss	1.0 cups, diced	0.48
Cookies, chocolate sandwich, with creme filling, special	1.0 oz	0.46
Fish, tilapia, raw	1.0 fillet	0.46
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	0.46
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving ( 3 oz )	0.46
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	0.46
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	0.46
Cookies, vanilla sandwich with creme filling	1.0 oz	0.45
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	0.45
Salad dressing, mayonnaise, regular	1.0 tbsp	0.45
Applesauce, canned, sweetened, without salt	1.0 cups	0.44
Beans, pink, mature seeds, raw	1.0 cups	0.44
Papayas, raw	1.0 cups 1" pieces	0.43
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	0.43
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	0.43
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	0.42
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	0.42
Frostings, coconut-nut, ready-to-eat	0.08 package	0.41
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	0.41
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	0.41
Croissants, cheese	1.0 oz	0.41
Beans, black, mature seeds, raw	1.0 cups	0.41
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	0.4
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	0.4
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.39
Tangerines, (mandarin oranges), raw	1.0 cups, sections	0.39
Cream, whipped, cream topping, pressurized	1.0 cups	0.38
Fish, haddock, raw	3.0 oz	0.38
Peas, edible-podded, raw	1.0 cups, chopped	0.38
Kale, frozen, unprepared	1.0 cups	0.38
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	0.38
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	0.38
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	0.37
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.37

Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	0.37
Lemon juice, raw	1.0 cups	0.37
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	0.37
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	0.36
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.36
Dessert topping, powdered, 1.5 ounce prepared with 1/2	1.0 cups	0.36
Pork, fresh, leg (ham), whole, separable lean only, cooked,	1.0 cups, diced	0.35
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	1.0 tbsp	0.35
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	0.35
Cress, garden, raw	1.0 cups	0.35
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	0.35
Fat, beef tallow	1.0 tbsp	0.35
Cheese, muenster	1.0 cups, diced	0.34
Cheese, mexican, queso chihuahua	1.0 cups, diced	0.34
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	0.34
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	0.33
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	0.33
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	0.32
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	0.32
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	0.32
Grapes, canned, thompson seedless, water pack, solids and	1.0 cups	0.32
Okra, frozen, unprepared	0.33 package (10 oz)	0.31
Crackers, cheese, regular	0.5 oz	0.31
Chicken, skin (drumsticks and thighs), raw	4.0 oz	0.31
Cheese, provolone	1.0 cups, diced	0.3
Fish, herring, Atlantic, raw	1.0 oz, boneless	0.3
Tamarind nectar, canned	1.0 cups	0.3
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	0.3
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	0.3
Sausage, pork and turkey, pre-cooked	1.0 serving	0.3
Pie, blueberry, commercially prepared	1.0 oz	0.29
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	0.29
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	0.29
Chicken, dark meat, thigh, meat only, with added solution,	4.0 oz	0.29
Crackers, standard snack-type, sandwich, with peanut	0.5 oz	0.29
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	0.29

Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	0.29
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	0.29
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	0.29
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	0.29
Squash, winter, hubbard, cooked, boiled, mashed, without salt	1.0 cups, mashed	0.28
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups, mashed	0.28
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8"	4.0 oz	0.28
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	0.28
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	0.28
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	0.28
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	0.27
Pork, cured, ham, rump, bone-in, separable lean and fat,	3.0 oz	0.27
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	0.27
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	0.27
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	0.27
Infant formula, GERBER, GOOD START 2 Soy, with iron,	1.0 fl oz	0.27
Cheese, feta	1.0 cups, crumbled	0.27
Cheese spread, pasteurized process, American	1.0 cups, diced	0.27
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	0.26
Pork, cured, ham, shank, bone-in, separable lean and fat,	3.0 oz	0.26
Lamb, Australian, imported, fresh, rib chop, frenched, bone in, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	0.26
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	0.26
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	0.26
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	0.26
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	0.26
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	0.25
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	0.25
Pork, fresh, loin, whole, separable lean and fat, cooked,	3.0 oz	0.25
Oil, cocoa butter	1.0 tablespoon	0.24
Soup, chicken noodle, dry, mix	1.0 packet	0.24
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	0.24
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	0.24



Croissants, butter	1.0 oz	0.24
Lima beans, immature seeds, cooked, boiled, drained,	1.0 cups	0.24
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	0.24
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	0.24
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4.0 oz	0.24
Pork, fresh, enhanced, loin, tenderloin, separable lean	4.0 oz	0.24
Soup, pea, green, canned, condensed	0.5 cups	0.23
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	0.23
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	0.23
Cheese, pasteurized process, American, fortified with	1.0 oz	0.23
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	0.22
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	0.22
Pork, cured, ham, rump, bone-in, separable lean only,	3.0 oz	0.22
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	0.22
Breadfruit, raw	1.0 cups	0.22
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	0.22
Candies, truffles, prepared-from-recipe	1.0 piece	0.22
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.22
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	0.22
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	0.22
Pie, cherry, commercially prepared	1.0 oz	0.22
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	0.22
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	0.21
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	0.21
Cheese, mozzarella, whole milk	1.0 cups, shredded	0.21
Cake, cherry fudge with chocolate frosting	1.0 oz	0.21
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	0.21
Game meat, bison, ground, cooked, pan-broiled	1.0 patty ( yield from 112.7 g raw meat )	0.21
Cookies, chocolate wafers	1.0 oz	0.2
Pork, cured, ham, shank, bone-in, separable lean only,	3.0 oz	0.2
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	0.2
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	0.2

Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	0.2
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	0.2
Figs, canned, water pack, solids and liquids	1.0 cups	0.2
Carambola, (starfruit), raw	1.0 cups, cubes	0.2
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	0.2
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	0.2
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	0.2
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving ( 3 oz )	0.2
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	0.2
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	0.2
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	0.2
Bologna, meat and poultry	1.0 slice	0.19
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.19
Egg, whole, cooked, omelet	1.0 tbsp	0.19
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	0.19
Oil, sesame, salad or cooking	1.0 tablespoon	0.19
Peas, green, raw	1.0 cups	0.19
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	0.19
Cookies, fig bars	1.0 oz	0.18
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	0.18
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	0.18
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	0.18
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	0.18
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	0.18
Infant Formula, GERBER GOOD START 2, GENTLE PLUS,	1.0 fl oz	0.18
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	0.18
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	0.18
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	0.18
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	0.18
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	0.18
Cake, snack cakes, creme-filled, sponge	1.0 oz	0.18

Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	0.17
Grapes, american type (slip skin), raw	1.0 cups	0.17
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	0.17
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	0.17
Pears, raw	1.0 cups, slices	0.17
Chocolate, dark, 60-69% cacao solids	1.0 oz	0.17
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	0.17
Chicken, broilers or fryers, leg, meat and skin, cooked,	3.0 oz	0.16
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	0.16
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	0.16
Cake, cheesecake, commercially prepared	1.0 oz	0.16
Currants, zante, dried	1.0 cups	0.16
Pork sausage, link/patty, fully cooked, unheated	1.0 link	0.16
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	0.16
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	0.16
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	0.15
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	0.15
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	0.15
Bread, oatmeal, toasted	1.0 oz	0.15
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	0.15
Mountain yam, hawaii, raw	0.5 cups, cubes	0.14
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cups	0.14
Noodles, egg, dry, unenriched	1.0 cups	0.14
Kale, raw	1.0 cups	0.14
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.14
Cheese, ricotta, whole milk	0.5 cups	0.14
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	0.14
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	0.14
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25%	2.0 oz 1 NLEA serving	0.13
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	0.13
Litchis, raw	1.0 cups	0.13
Spices, turmeric, ground	1.0 tsp	0.13
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	0.13
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	0.12
Egg substitute, powder	0.35 oz	0.12
Bread, oat bran	1.0 oz	0.12
Cheese, cream	1.0 tbsp	0.12

Cheese substitute, mozzarella	1.0 cups, shredded	0.12
Cracker, meal	1.0 oz	0.12
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	0.12
Snacks, fruit leather, rolls	1.0 large	0.12
Butter, salted	1.0 pat (1" sq, 1/3" high)	0.12
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	0.12
Nabisco, Nabisco Ritz Crackers	1.0 cracker	0.12
Bologna, chicken, turkey, pork	1.0 serving	0.11
Pie, banana cream, prepared from recipe	1.0 oz	0.11
Cheese, neufchatel	1.0 oz	0.11
Currants, red and white, raw	1.0 cups	0.11
Danish pastry, cinnamon, enriched	1.0 oz	0.11
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	0.11
Endive, raw	0.5 cups, chopped	0.11
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution	1.0 cups	0.11
Garlic, raw	1.0 cups	0.11
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	0.11
Bread, stuffing, dry mix	1.0 oz	0.11
Beerwurst, beer salami, pork and beef	2.0 oz	0.11
Bread, white wheat	1.0 slice	0.11
Olives, pickled, canned or bottled, green	1.0 olive	0.1
Bread, protein (includes gluten)	1.0 oz	0.1
Yogurt, plain, whole milk	1.0 container (6 oz)	0.1
Beef, ground, 90% lean meat / 10% fat, patty, cooked,	3.0 oz	0.1
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked,	3.0 oz	0.1
Spices, mustard seed, ground	1.0 tsp	0.1
Pasta, dry, enriched	1.0 cups spaghetti	0.1
Pasta, dry, unenriched	1.0 cups spaghetti	0.1
Grapefruit juice, white, canned, sweetened	1.0 cups	0.1
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	0.1
Braunschweiger (a liver sausage), pork	1.0 oz	0.1
Danish pastry, cheese	1.0 oz	0.1
Soup, cream of chicken, canned, condensed, reduced	0.5 cups	0.1
Frankfurter, meat	1.0 serving (1 hot dog)	0.1
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	0.1
Cherries, sweet, raw	1.0 cups, with pits, yields	0.1

Bread, rye	1.0 oz	0.09
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	0.09
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	0.09
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	0.09
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	0.09
Cheese, cottage, creamed, large or small curd	4.0 oz	0.09
Soup, chicken with rice, canned, condensed	0.5 cups	0.09
Puddings, chocolate, ready-to-eat	1.0 oz	0.09
Cheese, ricotta, part skim milk	0.5 cups	0.09
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	0.09
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	0.09
Puddings, chocolate, dry mix, regular, prepared with whole	0.5 cups	0.09
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	0.09
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	0.09
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	0.08
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	0.08
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	0.08
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	0.08
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.08
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	0.08
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.08
Turkey, ground, fat free, patties, broiled	3.0 oz	0.08
Cream, fluid, half and half	1.0 fl oz	0.08
Wheat flour, white, all-purpose, enriched, calcium-fortified	1.0 cups	0.07
Wheat flour, white, all-purpose, unenriched	1.0 cups	0.07
Spices, thyme, dried	1.0 tsp, leaves	0.07
Sausage, turkey, fresh, raw	1.0 serving	0.07
Beets, canned, regular pack, solids and liquids	1.0 cups	0.07
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	0.07
Cookies, oatmeal, commercially prepared, regular	1.0 oz	0.07
Cheese, blue	1.0 oz	0.07
Figs, raw	1.0 large (2-1/2" dia)	0.07
Bread, reduced-calorie, wheat	1.0 oz	0.07
Bread, white, commercially prepared, toasted	1.0 oz	0.07
Cake, sponge, commercially prepared	1.0 oz	0.07
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	0.07

Pork, Leg sirloin tip roast, boneless, separable lean and fat,	3.0 oz	0.07
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	0.07
Salad dressing, russian dressing, low calorie	1.0 tablespoon	0.06
Rice, white, long-grain, regular, cooked, unenriched, with	1.0 cups	0.06
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	0.06
Fish, cisco, smoked	1.0 oz	0.06
Milk, canned, condensed, sweetened	1.0 fl oz	0.06
Spices, cinnamon, ground	1.0 tsp	0.06
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	0.06
Cheese, camembert	1.0 oz	0.06
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	0.06
Croutons, seasoned	0.5 oz	0.06
Cake, coffeecake, cinnamon with crumb topping, dry mix,	1.0 oz	0.06
Bread, wheat	1.0 slice	0.06
Apples, raw, without skin	1.0 cups slices	0.06
Beets, raw	1.0 cups	0.05
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	0.05
Beans, snap, green, frozen, cooked, boiled, drained	1.0 cups	0.05
Bread, reduced-calorie, white	1.0 oz	0.05
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	0.05
Rice noodles, cooked	1.0 cups	0.05
Spices, caraway seed	1.0 tsp	0.05
Cheese, American, nonfat or fat free	1.0 serving	0.05
Cream, sour, reduced fat, cultured	1.0 tbsp	0.05
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	0.05
Yogurt, plain, low fat	1.0 container (6 oz)	0.05
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	0.05
Sausage, turkey, hot, smoked	2.0 oz	0.05
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	0.05
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	0.05
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	0.05
Passion-fruit, (granadilla), purple, raw	1.0 cups	0.05
Gravy, beef, canned, ready-to-serve	1.0 cups	0.05
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.05
Cream, sour, cultured	1.0 tbsp	0.05
Cheese, cottage, creamed, with fruit	4.0 oz	0.05
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	0.04
Candies, caramels, chocolate-flavor roll	1.0 piece	0.04
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	0.04
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	0.04

Candies, MOUNDS Candy Bar	1.0 bar snack size	0.04
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.04
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	0.03
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	0.03
Onions, raw	1.0 cups, chopped	0.03
Crackers, standard snack-type, sandwich, with cheese	0.5 oz	0.03
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	0.03
Cookies, molasses	1.0 oz	0.03
Milk, buttermilk, dried	0.25 cups	0.03
Onions, sweet, raw	1.0 NLEA serving	0.03
Whey, sweet, dried	1.0 cups	0.03
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	0.03
Cauliflower, green, raw	1.0 cups	0.03
Gravy, brown instant, dry	1.0 serving	0.03
Nuts, coconut cream, canned, sweetened	1.0 tbsp	0.02
Potatoes, baked, skin, without salt	1.0 skin	0.02
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	0.02
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.02
Onions, frozen, whole, cooked, boiled, drained, without	1.0 cups	0.02
Onions, frozen, whole, unprepared	0.33 package (10 oz)	0.02
Soup, chicken broth or bouillon, dry	1.0 cube	0.02
Potatoes, mashed, dehydrated, flakes without milk, dry	1.0 cups	0.02
Orange peel, raw	1.0 tbsp	0.01
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	0.01
Milk shakes, thick chocolate	1.0 fl oz	0.01
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	0.01
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	0.01
Snacks, potato chips, fat free, salted	1.0 oz	0.01
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	0.01
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	0.01
Spices, marjoram, dried	1.0 tsp	0.01
Onions, dehydrated flakes	1.0 tbsp	0.01
Arugula, raw	1.0 leaf	0.01
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	0.01
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	0.01
Potatoes, flesh and skin, raw	0.5 cups, diced	0.01
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	0.01

Ginger root, raw	1.0 tsp	0.01
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	0.01