

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

| Description | Measure | Riboflavin(mg)Per Measure |
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| Beverages, Energy drink, ROCKSTAR, sugar free | 8.0 fl oz | 3.401 |
| Whey, sweet, dried | 1.0 cup | 3.202 |
| Beverages, Meal supplement drink, canned, peanut flavor | 1.0 cup | 2.054 |
| Desserts, mousse, chocolate, prepared-from-recipe | 1.0 recipe yield | 1.656 |
| Nuts, almonds, dry roasted, without salt added | 1.0 cup whole kernels | 1.652 |
| Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate | 1.0 fl oz | 1.303 |
| Cheese, feta | 1.0 cup, crumbled | 1.266 |
| Blueberries, wild, canned, heavy syrup, drained | 1.0 cup | 0.998 |
| Corn flour, yellow, masa, enriched | 1.0 cup | 0.918 |
| Milk, sheep, fluid | 1.0 cup | 0.87 |
| Beverages, Whey protein powder isolate | 3.0 scoop | 0.85 |
| Cornmeal, white, self-rising, bolted, with wheat flour added, enriched | 1.0 cup | 0.736 |
| Wheat flour, white, bread, enriched | 1.0 cup | 0.701 |
| Fast foods, croissant, with egg, cheese, and sausage | 1.0 sandwich | 0.633 |
| Wheat flour, white, all-purpose, enriched, calcium-fortified | 1.0 cup | 0.618 |
| Cheese spread, pasteurized process, American | 1.0 cup, diced | 0.603 |
| Liverwurst spread | 0.25 cup | 0.567 |
| Cheese, cheddar (Includes foods for USDA's Food Distribution Program) | 1.0 cup, diced | 0.565 |
| Pasta, fresh-refrigerated, plain, as purchased | 4.0 oz | 0.562 |
| Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan | 1.0 bottle | 0.56 |
| Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS | 1.0 cup (1 NLEA serving) | 0.544 |
| Cornmeal, white, self-rising, degermed, enriched | 1.0 cup | 0.534 |
| Biscuits, plain or buttermilk, dry mix | 1.0 cup, purchased | 0.524 |
| Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled | 1.0 steak (yield from 134.9 g raw meat) | 0.51 |
| Pasta, fresh-refrigerated, spinach, as purchased | 4.0 oz | 0.509 |
| Cereals, CREAM OF WHEAT, instant, prepared with water, without salt | 1.0 cup | 0.506 |
| Cheese substitute, mozzarella | 1.0 cup, shredded | 0.502 |
| Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal | 0.75 cup (1 NLEA serving) | 0.488 |
| Mushrooms, portabella, grilled | 1.0 cup sliced | 0.488 |
| Eggnog | 1.0 cup | 0.483 |
| Pie Crust, Cookie-type, Chocolate, Ready Crust | 1.0 crust | 0.482 |
| Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim) | 1.0 cup | 0.477 |
| Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D | 1.0 cup | 0.477 |
| Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain | 0.75 cup (1 NLEA serving) | 0.477 |

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| Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple | 1.0 cup (1 NLEA serving) | 0.476 |
| Milk, buttermilk, dried | 0.25 cup | 0.474 |
| Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D | 1.0 cup | 0.472 |
| Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted | 1.0 cup, diced | 0.471 |
| Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN | 0.75 cup (1 NLEA serving) | 0.467 |
| Cheese, mozzarella, low moisture, part-skim | 1.0 cup, diced | 0.466 |
| Milk, dry, nonfat, calcium reduced | 1.0 oz | 0.466 |
| Milk, dry, nonfat, regular, without added vitamin A and vitamin D | 0.25 cup | 0.465 |
| Beans, kidney, mature seeds, sprouted, raw | 1.0 cup | 0.46 |
| Orange juice, frozen concentrate, unsweetened, undiluted | 1.0 cup | 0.458 |
| Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D | 1.0 cup | 0.458 |
| Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches | 1.0 cup (1 NLEA serving) | 0.448 |
| Soybeans, green, raw | 1.0 cup | 0.448 |
| Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted | 1.0 cup, diced | 0.444 |
| Macaroni, vegetable, enriched, dry | 1.0 cup spiral shaped | 0.441 |
| Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw | 4.0 oz | 0.441 |
| Cereals ready-to-eat, POST, COCOA PEBBLES | 0.75 cup (1 NLEA serving) | 0.435 |
| Beans, adzuki, mature seeds, raw | 1.0 cup | 0.433 |
| Braunschweiger (a liver sausage), pork | 1.0 oz | 0.432 |
| Cereals ready-to-eat, granola, homemade | 1.0 cup | 0.432 |
| Fast Foods, biscuit, with egg and sausage | 1.0 item | 0.426 |
| Cereals ready-to-eat, POST, Honeycomb Cereal | 1.0 cup (1 NLEA serving) | 0.426 |
| Beverages, almond milk, chocolate, ready-to-drink | 8.0 fl oz | 0.425 |
| Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink | 8.0 fl oz | 0.425 |
| Cheese, provolone | 1.0 cup, diced | 0.424 |
| Cheese, muenster | 1.0 cup, diced | 0.422 |
| Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches | 0.75 cup (1 NLEA serving) | 0.42 |
| Pork, ground, 96% lean / 4% fat, raw | 4.0 oz | 0.416 |
| Pokeberry shoots, (poke), cooked, boiled, drained, without salt | 1.0 cup | 0.412 |
| Pork, ground, 96% lean / 4% fat, cooked, crumbles | 3.0 oz grilled patties | 0.411 |
| Cheese food, pasteurized process, American, vitamin D fortified | 1.0 cup | 0.407 |
| Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D | 1.0 cup | 0.405 |
| Beans, pink, mature seeds, raw | 1.0 cup | 0.403 |
| Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised | 1.0 serving (3 oz) | 0.399 |
| Cheese, swiss | 1.0 cup, diced | 0.399 |
| Milk, producer, fluid, 3.7% milkfat | 1.0 cup | 0.393 |
| Cereals, MALT-O-MEAL, chocolate, dry | 3.0 tbsp (1 NLEA serving) | 0.392 |
| Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 3.0 oz | 0.391 |
| Game meat, elk, round, separable lean only, cooked, broiled | 1.0 serving (3 oz) | 0.391 |
| Cheese, pasteurized process, swiss | 1.0 cup, diced | 0.386 |
| Seeds, sunflower seed kernels, toasted, without salt | 1.0 cup | 0.382 |
| Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw | 4.0 oz | 0.381 |
| Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled | 1.0 serving (3 oz) | 0.38 |

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| Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw | 4.0 oz | 0.379 |
| Seeds, sunflower seed kernels, oil roasted, without salt | 1.0 cup | 0.378 |
| Soup, chicken gumbo, canned, condensed | 0.5 cup (4 fl oz) | 0.378 |
| Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw | 4.0 oz | 0.376 |
| Beans, black, mature seeds, raw | 1.0 cup | 0.374 |
| Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled | 3.0 oz | 0.374 |
| Cheese, ricotta, whole milk | 0.5 cup | 0.37 |
| Fast foods, english muffin, with egg, cheese, and canadian bacon | 1.0 sandwich | 0.369 |
| Cereals, oats, instant, fortified, with raisins and spice, prepared with water | 1.0 cup | 0.365 |
| Pasta, dry, enriched | 1.0 cup spaghetti | 0.364 |
| Yogurt, plain, low fat | 1.0 container (6 oz) | 0.364 |
| Cheese, parmesan, grated | 1.0 cup | 0.358 |
| Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted | 3.0 oz | 0.357 |
| Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled | 3.0 oz | 0.357 |
| Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted | 3.0 oz | 0.357 |
| Chicken, broilers or fryers, dark meat, meat only, cooked, fried | 1.0 cup | 0.349 |
| Beverages, Energy drink, AMP, sugar free | 8.0 fl oz | 0.341 |
| Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 1.0 bagel | 0.341 |
| Yogurt, fruit, low fat, 11g protein/8 oz | 1.0 container (6 oz) | 0.337 |
| Candies, confectioner's coating, peanut butter | 1.0 cup chips | 0.336 |
| Salami, pork, beef, less sodium | 3.0 oz | 0.336 |
| Corn grain, white | 1.0 cup | 0.334 |
| Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 3.0 oz | 0.332 |
| Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted | 1.0 slice | 0.328 |
| Cheese, cottage, nonfat, uncreamed, dry, large or small curd | 1.0 cup (not packed) | 0.328 |
| Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds | 1.0 cup | 0.327 |
| Tomato products, canned, sauce, with onions | 1.0 cup | 0.326 |
| Pie crust, deep dish, frozen, unbaked, made with enriched flour | 1.0 pie crust (average weight) | 0.322 |
| Cheese, mozzarella, whole milk | 1.0 cup, shredded | 0.317 |
| Mollusks, mussel, blue, raw | 1.0 cup | 0.315 |
| Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 3.0 oz | 0.315 |
| Turkey, all classes, back, meat and skin, cooked, roasted | 1.0 cup, chopped or diced | 0.314 |
| Edamame, frozen, unprepared | 1.0 cup | 0.313 |
| Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled | 3.0 oz | 0.312 |
| Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled | 1.0 serving (3 oz) | 0.31 |
| Turkey, whole, dark meat, meat and skin, cooked, roasted | 3.0 oz | 0.31 |
| Fast foods, croissant, with egg, cheese, and ham | 1.0 item | 0.31 |
| Passion-fruit, (granadilla), purple, raw | 1.0 cup | 0.307 |
| Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted | 3.0 oz | 0.306 |

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| Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked | 3.0 oz | 0.306 |
| Chicken, gizzard, all classes, cooked, simmered | 1.0 cup chopped or dice | 0.304 |
| Game meat, elk, ground, cooked, pan-broiled | 1.0 patty (yield from 104.1 g raw meat) | 0.304 |
| Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised | 3.0 oz | 0.303 |
| Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw | 3.0 oz | 0.303 |
| Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted | 3.0 oz | 0.302 |
| Tomato products, canned, sauce, with onions, green peppers, and celery | 1.0 cup | 0.3 |
| Cheese, mexican, queso chihuahua | 1.0 cup, diced | 0.297 |
| Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled | 3.0 oz | 0.296 |
| Beans, black turtle, mature seeds, canned | 1.0 cup | 0.288 |
| Peanuts, all types, dry-roasted, without salt | 1.0 cup | 0.288 |
| Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled | 3.0 oz | 0.286 |
| Cheese, cottage, lowfat, 2% milkfat | 4.0 oz | 0.284 |
| Soup, chicken noodle, dry, mix | 1.0 packet | 0.282 |
| Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised | 3.0 oz | 0.281 |
| Veal, breast, whole, boneless, separable lean only, cooked, braised | 3.0 oz | 0.281 |
| Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 3.0 oz | 0.281 |
| Soybeans, green, cooked, boiled, drained, without salt | 1.0 cup | 0.279 |
| Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 3.0 oz | 0.277 |
| Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled | 1.0 steak | 0.277 |
| Yogurt, fruit, low fat, 9 g protein/8 oz | 1.0 container (6 oz) | 0.275 |
| Pork, fresh, loin, whole, separable lean and fat, cooked, broiled | 3.0 oz | 0.273 |
| Cream puff, eclair, custard or cream filled, iced | 4.0 oz | 0.272 |
| Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 4.0 oz | 0.272 |
| Taro, tahitian, cooked, without salt | 1.0 cup slices | 0.271 |
| Fish, roe, mixed species, cooked, dry heat | 1.0 oz | 0.269 |
| Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 4.0 oz | 0.268 |
| Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw | 4.0 oz | 0.268 |
| Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 3.0 oz | 0.266 |
| Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed | 1.0 cup, chopped or diced | 0.266 |
| Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted | 3.0 oz | 0.265 |
| Pie crust, deep dish, frozen, baked, made with enriched flour | 1.0 pie crust (average weight) | 0.263 |
| Fish, trout, mixed species, cooked, dry heat | 1.0 fillet | 0.262 |
| Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled | 1.0 serving (3 oz) | 0.261 |
| Chicken, dark meat, thigh, meat only, with added solution, raw | 4.0 oz | 0.26 |
| Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw | 4.0 oz | 0.257 |
| Turkey, retail parts, thigh, meat and skin, cooked, roasted | 3.0 oz | 0.252 |
| Cereals ready-to-eat, rice, puffed, fortified | 1.0 cup | 0.252 |

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| Veal, breast, whole, boneless, separable lean and fat, cooked, braised | 3.0 oz | 0.252 |
| Veal, shank (fore and hind), separable lean and fat, cooked, braised | 3.0 oz | 0.251 |
| Spinach, canned, regular pack, solids and liquids | 1.0 cup | 0.248 |
| Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw | 4.0 oz | 0.247 |
| Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 4.0 oz | 0.247 |
| Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled | 3.0 oz | 0.246 |
| Cornmeal, whole-grain, white | 1.0 cup | 0.245 |
| Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt | 1.0 cup | 0.244 |
| Nuts, chestnuts, european, raw, unpeeled | 1.0 cup | 0.244 |
| Asparagus, canned, drained solids | 1.0 cup | 0.242 |
| Yogurt, plain, whole milk | 1.0 container (6 oz) | 0.241 |
| Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised | 3.0 oz | 0.241 |
| Tomato products, canned, sauce, with tomato tidbits | 1.0 cup | 0.237 |
| Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 3.0 oz | 0.23 |
| Cheese, ricotta, part skim milk | 0.5 cup | 0.229 |
| Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted | 3.0 oz | 0.229 |
| Egg, whole, raw, fresh | 1.0 large | 0.229 |
| Egg, whole, cooked, fried | 1.0 large | 0.228 |
| Chicken, broilers or fryers, giblets, raw | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.227 |
| Pork, fresh, leg (ham), whole, separable lean and fat, raw | 4.0 oz | 0.226 |
| Cream, fluid, heavy whipping | 1.0 cup, whipped | 0.226 |
| Potatoes, scalloped, home-prepared with butter | 1.0 cup | 0.225 |
| Fast foods, biscuit, with egg and bacon | 1.0 biscuit | 0.225 |
| Peppers, pasilla, dried | 1.0 pepper | 0.224 |
| Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 3.0 oz | 0.224 |
| Puddings, chocolate, dry mix, regular, prepared with whole milk | 0.5 cup | 0.223 |
| Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles | 3.0 oz | 0.223 |
| Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 3.0 oz | 0.223 |
| Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 3.0 oz | 0.221 |
| Peanuts, valencia, oil-roasted, without salt | 1.0 cup | 0.22 |
| Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 3.0 oz | 0.218 |
| Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled | 3.0 oz | 0.218 |
| Game meat, bison, ground, cooked, pan-broiled | 1.0 patty (yield from 112.7 g raw meat) | 0.215 |
| Milk substitutes, fluid, with lauric acid oil | 1.0 cup | 0.215 |
| Tree fern, cooked, without salt | 0.5 cup, chopped | 0.213 |
| Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 3.0 oz | 0.212 |
| Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry) | 1.0 pastry | 0.212 |
| Pork, cured, ham, shank, bone-in, separable lean only, unheated | 3.0 oz | 0.212 |
| Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter | 3.0 oz | 0.211 |
| Cowpeas (blackeyes), immature seeds, raw | 1.0 cup | 0.21 |

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| Crustaceans, crab, queen, cooked, moist heat | 3.0 oz | 0.207 |
| Puddings, rice, ready-to-eat | 1.0 serving 4 oz pudding cup | 0.207 |
| Plantains, yellow, raw | 1.0 plantain | 0.205 |
| Turkey, all classes, leg, meat and skin, cooked, roasted | 3.0 oz | 0.205 |
| Currants, zante, dried | 1.0 cup | 0.204 |
| Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 3.0 oz | 0.204 |
| Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 3.0 oz | 0.204 |
| Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 3.0 oz | 0.204 |
| Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 3.0 oz | 0.204 |
| Cake, chocolate, prepared from recipe without frosting | 1.0 piece (1/12 of 9" dia) | 0.202 |
| Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted | 3.0 oz | 0.201 |
| Tomato products, canned, puree, without salt added | 1.0 cup | 0.2 |
| Tomato products, canned, puree, with salt added | 1.0 cup | 0.2 |
| Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program) | 1.0 cup spaghetti | 0.198 |
| Noodles, egg, spinach, enriched, cooked | 1.0 cup | 0.197 |
| Bread, pita, white, enriched | 1.0 pita, large (6-1/2" dia) | 0.196 |
| Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 3.0 oz | 0.196 |
| Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.195 |
| Fish, herring, Atlantic, pickled | 1.0 cup | 0.195 |
| Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled | 3.0 oz | 0.194 |
| Egg, whole, cooked, poached | 1.0 large | 0.194 |
| Frozen novelties, No Sugar Added, FUDGSICLE pops | 1.0 serving | 0.193 |
| Peas, green, raw | 1.0 cup | 0.191 |
| Pork, cured, ham, rump, bone-in, separable lean only, unheated | 3.0 oz | 0.191 |
| Squab, (pigeon), meat and skin, raw | 3.0 oz | 0.19 |
| Pork, fresh, variety meats and by-products, brain, cooked, braised | 3.0 oz | 0.19 |
| Tomato juice, canned, without salt added | 1.0 cup | 0.19 |
| Tomato juice, canned, with salt added | 1.0 cup | 0.19 |
| Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed | 3.0 oz | 0.188 |
| Cheese, cottage, lowfat, 1% milkfat | 4.0 oz | 0.186 |
| Fish, salmon, chum, cooked, dry heat | 3.0 oz | 0.186 |
| Peas, mature seeds, sprouted, raw | 1.0 cup | 0.186 |
| Asparagus, frozen, cooked, boiled, drained, without salt | 1.0 cup | 0.185 |
| Chicken, broilers or fryers, back, meat only, raw | 4.0 oz | 0.185 |
| Pork, cured, ham, shank, bone-in, separable lean and fat, unheated | 3.0 oz | 0.185 |
| Cheese, cottage, creamed, large or small curd | 4.0 oz | 0.184 |
| Plantains, yellow, baked | 1.0 cup | 0.181 |
| Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered | 3.0 oz | 0.178 |
| Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 3.0 oz | 0.178 |
| Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 3.0 oz | 0.178 |
| Crackers, cheese, sandwich-type with cheese filling | 6.0 cracker 1 cracker = 6.5g | 0.178 |
| Peas and carrots, frozen, cooked, boiled, drained, without salt | 1.0 package (10 oz) yields | 0.178 |

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| Nuts, butternuts, dried | 1.0 cup | 0.178 |
| Seeds, pumpkin and squash seed kernels, roasted, with salt added | 1.0 cup | 0.177 |
| Amaranth leaves, cooked, boiled, drained, without salt | 1.0 cup | 0.177 |
| Turkey from whole, light meat, meat only, with added solution, cooked, roasted | 3.0 oz | 0.177 |
| Apricots, dehydrated (low-moisture), sulfured, uncooked | 1.0 cup | 0.176 |
| Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares | 1.0 serving | 0.176 |
| Fish, seatrout, mixed species, cooked, dry heat | 3.0 oz | 0.176 |
| DIGIORNO Pizza, cheese topping, rising crust, frozen, baked | 1.0 slice 1/4 of pie | 0.176 |
| Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added | 1.0 cup | 0.174 |
| Turkey, whole, breast, meat only, cooked, roasted | 3.0 oz | 0.174 |
| Egg substitute, powder | 0.35 oz | 0.174 |
| Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 4.0 oz | 0.174 |
| Fish, salmon, pink, canned, drained solids | 3.0 oz | 0.172 |
| Mollusks, oyster, eastern, cooked, breaded and fried | 3.0 oz | 0.172 |
| Focaccia, Italian flatbread, plain | 1.0 piece | 0.172 |
| Fish, herring, Pacific, raw | 3.0 oz | 0.17 |
| Pork, cured, ham, rump, bone-in, separable lean and fat, unheated | 3.0 oz | 0.169 |
| Soup, chicken, canned, chunky, ready-to-serve | 1.0 cup | 0.169 |
| Barley flour or meal | 1.0 cup | 0.169 |
| Biscuits, plain or buttermilk, refrigerated dough, higher fat | 1.0 biscuit | 0.168 |
| Snacks, crisped rice bar, chocolate chip | 1.0 bar (1 oz) | 0.168 |
| Jute, potherb, cooked, boiled, drained, without salt | 1.0 cup | 0.167 |
| POPEYES, biscuit | 1.0 biscuit | 0.166 |
| Chicken, broilers or fryers, meat and skin, cooked, fried, flour | 3.0 oz | 0.164 |
| Turkey, drumstick, from whole bird, meat only, raw | 4.0 oz | 0.164 |
| Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 4.0 oz | 0.164 |
| Lima beans, immature seeds, cooked, boiled, drained, without salt | 1.0 cup | 0.163 |
| Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added | 1.0 cup | 0.162 |
| Grapefruit juice, white, frozen concentrate, unsweetened, undiluted | 1.0 can (6 fl oz) | 0.161 |
| Cheese, cottage, creamed, with fruit | 4.0 oz | 0.16 |
| Chicken, broilers or fryers, leg, meat and skin, cooked, roasted | 3.0 oz | 0.159 |
| Milk, canned, condensed, sweetened | 1.0 fl oz | 0.159 |
| Cake, yellow, prepared from recipe without frosting | 1.0 piece (1/12 of 8" dia) | 0.158 |
| Fish, salmon, pink, canned, without salt, solids with bone and liquid | 3.0 oz | 0.158 |
| Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry | 1.0 serving | 0.156 |
| Fish, burbot, cooked, dry heat | 1.0 fillet | 0.155 |
| Chicken, broiler, rotisserie, BBQ, back meat only | 3.0 oz | 0.154 |
| Corn, sweet, yellow, canned, vacuum pack, regular pack | 1.0 cup | 0.153 |
| Mollusks, oyster, eastern, wild, cooked, moist heat | 3.0 oz | 0.153 |
| Nuts, almond butter, plain, with salt added | 1.0 tbsp | 0.15 |
| Cream, fluid, light whipping | 1.0 cup, whipped | 0.15 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA | 5.0 fl oz | 0.15 |
| Broccoli, frozen, chopped, unprepared | 1.0 cup | 0.15 |
| Garlic, raw | 1.0 cup | 0.15 |
| Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled | 3.0 oz | 0.15 |
| Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt | 1.0 cup | 0.149 |
| Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt | 1.0 cup | 0.149 |
| Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 1.0 cup | 0.149 |
| Egg, yolk, raw, frozen, sugared, pasteurized | 1.0 oz | 0.148 |

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| Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 3.0 oz | 0.147 |
| Bread, cheese | 1.0 slice | 0.145 |
| Peaches, dehydrated (low-moisture), sulfured, stewed | 1.0 cup | 0.145 |
| Bread, pan dulce, sweet yeast bread | 1.0 slice (average weight of 1 slice) | 0.145 |
| Egg, white, raw, fresh | 1.0 large | 0.145 |
| Pork sausage, link/patty, reduced fat, unprepared | 3.0 oz | 0.145 |
| Fish, mackerel, spanish, raw | 3.0 oz | 0.145 |
| Peas, edible-podded, frozen, unprepared | 1.0 cup | 0.144 |
| Potatoes, Russet, flesh and skin, baked | 1.0 potato large (3" to 4-1/4" dia.) | 0.144 |
| Cereals, CREAM OF WHEAT, instant, dry | 1.0 tbsp | 0.14 |
| Sausage, chicken, beef, pork, skinless, smoked | 1.0 link | 0.139 |
| Cheese, camembert | 1.0 oz | 0.138 |
| Chicken, broilers or fryers, leg, meat only, cooked, fried | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.138 |
| Cake, angelfood, commercially prepared | 1.0 piece (1/12 of 12 oz cake) | 0.137 |
| Frankfurter, pork | 1.0 link | 0.136 |
| Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 3.0 oz | 0.136 |
| Fish, salmon, coho, wild, cooked, moist heat | 3.0 oz | 0.135 |
| Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt | 1.0 cup | 0.135 |
| Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 3.0 oz | 0.134 |
| Sausage, turkey, fresh, raw | 1.0 serving | 0.133 |
| Cracker, meal | 1.0 oz | 0.133 |
| Tomatoes, red, ripe, canned, packed in tomato juice | 1.0 cup | 0.132 |
| Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 3.0 oz | 0.132 |
| Pork, fresh, variety meats and by-products, pancreas, raw | 1.0 oz | 0.13 |
| Oat flour, partially debranned | 1.0 cup | 0.13 |
| Cress, garden, raw | 1.0 cup | 0.13 |
| Nuts, hazelnuts or filberts | 1.0 cup, chopped | 0.13 |
| Tofu, raw, firm, prepared with calcium sulfate | 0.5 cup | 0.129 |
| Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw | 4.0 oz | 0.127 |
| Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt | 1.0 cup | 0.126 |
| Rice flour, brown | 1.0 cup | 0.126 |
| Asparagus, cooked, boiled, drained | 0.5 cup | 0.125 |
| Muffin, blueberry, commercially prepared, low-fat | 1.0 muffin small | 0.124 |
| Litchis, raw | 1.0 cup | 0.123 |
| Turkey, ground, fat free, patties, broiled | 3.0 oz | 0.123 |
| Sausage, pork and beef, with cheddar cheese, smoked | 12.0 oz serving 2.7 oz | 0.123 |
| Lima beans, immature seeds, frozen, baby, unprepared | 1.0 cup | 0.123 |
| Snacks, pork skins, barbecue-flavor | 1.0 oz | 0.122 |
| Beans, snap, green, frozen, cooked, boiled, drained without salt | 1.0 cup | 0.121 |
| Turnip greens, frozen, cooked, boiled, drained, without salt | 1.0 cup | 0.121 |
| Sweet potato, cooked, baked in skin, flesh, with salt | 1.0 medium (2" dia, 5" long, raw) | 0.121 |
| Fish, bluefish, raw | 1.0 fillet | 0.12 |
| Pork, fresh, variety meats and by-products, feet, raw | 4.0 oz | 0.12 |
| Blueberries, frozen, sweetened | 1.0 cup, thawed | 0.12 |
| Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 4.0 oz | 0.119 |
| Fish, lingcod, cooked, dry heat | 3.0 oz | 0.118 |

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| Seeds, safflower seed meal, partially defatted | 1.0 oz | 0.117 |
| Mollusks, oyster, Pacific, raw | 1.0 medium | 0.117 |
| Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil | 3.0 oz (3 oz) | 0.116 |
| Mushrooms, Chanterelle, raw | 1.0 cup | 0.116 |
| Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 3.0 oz | 0.116 |
| Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 4.0 oz | 0.115 |
| Bread, stuffing, dry mix | 1.0 oz | 0.115 |
| Fish, bluefish, cooked, dry heat | 1.0 fillet | 0.113 |
| Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 1.0 cup | 0.113 |
| Beans, pinto, immature seeds, frozen, unprepared | 0.33 package (10 oz) | 0.113 |
| Bread, protein (includes gluten) | 1.0 oz | 0.112 |
| Bratwurst, pork, beef and turkey, lite, smoked | 1.0 serving 2.33 oz | 0.11 |
| Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 1.0 cup | 0.109 |
| Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 3.0 oz | 0.109 |
| Asparagus, canned, regular pack, solids and liquids | 0.5 cup | 0.109 |
| Cheese, blue | 1.0 oz | 0.108 |
| Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw | 1.0 oz | 0.108 |
| Snacks, corn-based, extruded, puffs or twists, cheese-flavor | 1.0 oz crunchy (about 21 pieces) | 0.108 |
| Lima beans, immature seeds, frozen, fordhook, unprepared | 1.0 cup | 0.107 |
| Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 1.0 cup, shredded | 0.107 |
| Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt | 1.0 cup, shredded | 0.107 |
| Candies, dark chocolate coated coffee beans | 1.0 serving 28 pieces | 0.106 |
| Turnip greens and turnips, frozen, cooked, boiled, drained, with salt | 1.0 cup | 0.106 |
| Bamboo shoots, raw | 1.0 cup (1/2" slices) | 0.106 |
| Celery, cooked, boiled, drained, without salt | 1.0 cup, diced | 0.105 |
| Sausage, Italian, sweet, links | 1.0 link 3 oz | 0.105 |
| Bread, french or vienna, toasted (includes sourdough) | 1.0 oz | 0.105 |
| Collards, frozen, chopped, unprepared | 0.33 package (10 oz) | 0.104 |
| Fish, tuna, skipjack, fresh, cooked, dry heat | 3.0 oz | 0.104 |
| Turnip greens, cooked, boiled, drained, without salt | 1.0 cup, chopped | 0.104 |
| Beans, black turtle, mature seeds, cooked, boiled, without salt | 1.0 cup | 0.104 |
| Cheese, American, nonfat or fat free | 1.0 serving | 0.104 |
| Purslane, cooked, boiled, drained, without salt | 1.0 cup | 0.103 |
| Yardlong bean, cooked, boiled, drained, without salt | 1.0 cup slices | 0.103 |
| Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt | 1.0 cup | 0.102 |
| Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies | 1.0 package (1.69 oz) | 0.102 |
| Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw | 1.0 oz | 0.102 |
| Cherries, sweet, canned, water pack, solids and liquids | 1.0 cup, pitted | 0.102 |
| Cake, angelfood, dry mix, prepared | 1.0 piece (1/12 of 10" dia) | 0.101 |
| Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 3.0 oz | 0.1 |

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| Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium | 2.0 oz 1 NLEA serving | 0.1 |
| Soup, black bean, canned, condensed | 1.0 cup (8 fl oz) | 0.1 |
| Okra, frozen, unprepared | 0.33 package (10 oz) | 0.1 |
| Milk, canned, evaporated, with added vitamin D and without added vitamin A | 1.0 fl oz | 0.1 |
| Bread, pound cake type, pan de torta salvadoran | 1.0 serving | 0.099 |
| Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 1.0 cup | 0.099 |
| Bread, stuffing, cornbread, dry mix | 1.0 oz | 0.099 |
| Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D | 1.0 fl oz | 0.099 |
| Cherries, sour, red, canned, light syrup pack, solids and liquids | 1.0 cup | 0.098 |
| Bread, oat bran | 1.0 oz | 0.098 |
| Crackers, standard snack-type, sandwich, with cheese filling | 0.5 oz | 0.097 |
| Orange juice, chilled, includes from concentrate, with added calcium and vitamin D | 1.0 cup | 0.097 |
| Orange juice, chilled, includes from concentrate, with added calcium | 1.0 cup | 0.097 |
| Pastrami, beef, 98% fat-free | 1.0 serving 6 slices | 0.097 |
| Sausage, turkey, hot, smoked | 2.0 oz | 0.097 |
| Beerwurst, beer salami, pork and beef | 2.0 oz | 0.097 |
| Beerwurst, pork and beef | 1.0 serving 2 oz | 0.097 |
| Squash, winter, hubbard, baked, with salt | 1.0 cup, cubes | 0.096 |
| Beans, baked, canned, with pork | 1.0 cup | 0.096 |
| Bread, white, commercially prepared, toasted | 1.0 oz | 0.096 |
| Guinea hen, meat only, raw | 3.0 oz | 0.095 |
| Mollusks, oyster, eastern, wild, cooked, dry heat | 3.0 oz | 0.095 |
| Bread, rye | 1.0 oz | 0.095 |
| Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk) | 1.0 oz | 0.095 |
| Figs, canned, water pack, solids and liquids | 1.0 cup | 0.094 |
| Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk | 1.0 cup | 0.094 |
| Soup, pea, split with ham, canned, chunky, ready-to-serve | 1.0 cup | 0.094 |
| Squash, winter, butternut, frozen, cooked, boiled, without salt | 1.0 cup, mashed | 0.094 |
| Candies, HERSHEY, KIT KAT BIG KAT Bar | 1.0 bar 1.94 oz | 0.094 |
| Beets, canned, regular pack, solids and liquids | 1.0 cup | 0.093 |
| Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program) | 1.0 cup | 0.092 |
| Salami, Italian, pork | 1.0 oz | 0.092 |
| Croissants, cheese | 1.0 oz | 0.092 |
| Squash, summer, zucchini, italian style, canned | 1.0 cup | 0.091 |
| Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw | 1.0 oz | 0.091 |
| Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw | 1.0 oz | 0.091 |
| Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw | 1.0 oz | 0.091 |
| Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw | 1.0 oz | 0.091 |
| Rice, white, long-grain, regular, raw, unenriched | 1.0 cup | 0.091 |
| Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt | 1.0 cup slices | 0.09 |
| Grapes, muscadine, raw | 1.0 grape | 0.09 |
| Carissa, (natal-plum), raw | 1.0 cup slices | 0.09 |
| Tomatoes, red, ripe, canned, stewed | 1.0 cup | 0.089 |
| Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs | 1.0 muffin | 0.089 |
| Cookies, shortbread, commercially prepared, plain | 1.0 oz | 0.089 |

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| Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw | 1.0 oz | 0.089 |
| Muffins, English, mixed-grain (includes granola) | 1.0 oz | 0.089 |
| Okra, frozen, cooked, boiled, drained, without salt | 0.5 cup slices | 0.088 |
| Snacks, corn-based, extruded, onion-flavor | 1.0 oz | 0.088 |
| Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw | 1.0 oz | 0.088 |
| Bagels, oat bran | 1.0 mini bagel (2-1/2" dia) | 0.088 |
| Pie, Dutch Apple, Commercially Prepared | 0.12 pie 1 pie (1/8 of 9" pie) | 0.088 |
| Cookies, chocolate sandwich, with creme filling, regular | 3.0 cookie | 0.086 |
| Oranges, raw, with peel | 1.0 cup | 0.085 |
| Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 1.0 oz | 0.084 |
| Puddings, tapioca, ready-to-eat, fat free | 1.0 container refrigerated 4 oz | 0.084 |
| Gravy, beef, canned, ready-to-serve | 1.0 cup | 0.084 |
| Puddings, chocolate, ready-to-eat, fat free | 1.0 serving 4 oz | 0.084 |
| Beet greens, raw | 1.0 cup | 0.084 |
| Vegetable juice cocktail, canned | 1.0 cup | 0.083 |
| Bread, cornbread, prepared from recipe, made with low fat (2%) milk | 1.0 oz | 0.083 |
| Teff, cooked | 1.0 cup | 0.083 |
| Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw | 1.0 oz | 0.083 |
| Ice creams, vanilla, light, no sugar added | 1.0 serving 1/2 cup | 0.083 |
| Cookies, chocolate sandwich, with creme filling, special dietary | 1.0 oz | 0.083 |
| Biscuits, plain or buttermilk, frozen, baked | 1.0 oz | 0.083 |
| Snacks, pretzels, hard, whole-wheat including both salted and unsalted | 1.0 oz | 0.082 |
| Bread, reduced-calorie, white | 1.0 oz | 0.082 |
| Macaroni, vegetable, enriched, cooked | 1.0 cup spiral shaped | 0.082 |
| Chicken, broilers or fryers, light meat, meat only, raw | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.081 |
| Bacon and beef sticks | 1.0 oz | 0.08 |
| Bread, reduced-calorie, oatmeal | 1.0 oz | 0.079 |
| Brussels sprouts, raw | 1.0 cup | 0.079 |
| Garlic bread, frozen | 1.0 slice presliced | 0.079 |
| Fish, cisco, raw | 1.0 fillet | 0.079 |
| Water convolvulus, cooked, boiled, drained, with salt | 1.0 cup, chopped | 0.078 |
| Peas, edible-podded, raw | 1.0 cup, chopped | 0.078 |
| Snacks, tortilla chips, nacho-flavor, reduced fat | 1.0 oz | 0.078 |
| Cake, shortcake, biscuit-type, prepared from recipe | 1.0 oz | 0.077 |
| Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt | 1.0 cup | 0.077 |
| Veal, shank (fore and hind), separable lean only, raw | 1.0 oz | 0.077 |
| Seeds, sesame flour, low-fat | 1.0 oz | 0.076 |
| Bread, irish soda, prepared from recipe | 1.0 oz | 0.076 |
| Cake, sponge, commercially prepared | 1.0 oz | 0.076 |
| Soup, tomato, canned, condensed, reduced sodium | 1.0 serving 1/2 cup | 0.076 |
| Veal, shank (fore and hind), separable lean and fat, raw | 1.0 oz | 0.076 |
| Fish, trout, rainbow, farmed, cooked, dry heat | 1.0 fillet | 0.076 |
| Cookies, chocolate wafers | 1.0 oz | 0.075 |
| Kale, frozen, unprepared | 1.0 cup | 0.075 |
| Cookies, molasses | 1.0 oz | 0.075 |

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| Turnip greens, frozen, unprepared | 0.5 cup, chopped or diced | 0.075 |
| Danish pastry, cinnamon, enriched | 1.0 oz | 0.075 |
| Cookies, peanut butter sandwich, regular | 1.0 oz | 0.075 |
| Sweet potato, canned, syrup pack, drained solids | 1.0 cup | 0.074 |
| Fish, yellowtail, mixed species, cooked, dry heat | 0.5 fillet | 0.074 |
| Crackers, cream, Gamesa Sabrosas | 11.0 crackers (1 NLEA serving) | 0.074 |
| Boysenberries, canned, heavy syrup | 1.0 cup | 0.074 |
| Carrots, raw | 1.0 cup chopped | 0.074 |
| Drumstick pods, raw | 1.0 cup slices | 0.074 |
| Sorghum flour, whole-grain | 1.0 cup | 0.074 |
| Beverages, Protein powder soy based | 1.0 scoop | 0.074 |
| Danish pastry, cheese | 1.0 oz | 0.074 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA | 1.0 scoop | 0.073 |
| Bread, wheat | 1.0 slice | 0.073 |
| Fish, tilapia, raw | 1.0 fillet | 0.073 |
| Crackers, standard snack-type, regular | 5.0 crackers | 0.073 |
| Kale, raw | 1.0 cup | 0.073 |
| Burdock root, cooked, boiled, drained, without salt | 1.0 cup (1" pieces) | 0.072 |
| Fish, mahimahi, cooked, dry heat | 3.0 oz | 0.072 |
| Oranges, raw, California, valencias | 1.0 cup sections, without membranes | 0.072 |
| Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry | 0.5 cup (1 NLEA serving) | 0.072 |
| Sauce, cheese, ready-to-serve | 0.25 cup | 0.072 |
| Bread, white wheat | 1.0 slice | 0.071 |
| Grapefruit, raw, pink and red, all areas | 1.0 cup sections, with juice | 0.071 |
| Pancakes, buckwheat, dry mix, incomplete | 1.0 oz | 0.071 |
| Barbecue loaf, pork, beef | 1.0 oz | 0.07 |
| Tangerines, (mandarin oranges), raw | 1.0 cup, sections | 0.07 |
| Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed | 1.0 fl oz | 0.07 |
| Blackberries, frozen, unsweetened | 1.0 cup, unthawed | 0.069 |
| POPEYES, Spicy Chicken Strips, analyzed 2006 | 1.0 strip | 0.069 |
| Cookies, vanilla sandwich with creme filling | 1.0 oz | 0.069 |
| Chicken, broilers or fryers, back, meat and skin, raw | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.068 |
| Croissants, butter | 1.0 oz | 0.068 |
| Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw | 1.0 oz | 0.068 |
| Bread, cracked-wheat | 1.0 oz | 0.068 |
| Fish, wolffish, Atlantic, raw | 3.0 oz | 0.068 |
| Nabisco, Nabisco Grahams Crackers | 1.0 serving | 0.067 |
| Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw | 1.0 oz | 0.067 |
| Fish, cod, Atlantic, canned, solids and liquid | 3.0 oz | 0.067 |
| Fish, tuna, white, canned in oil, drained solids | 3.0 oz | 0.067 |
| Cookies, sugar, commercially prepared, regular (includes vanilla) | 1.0 oz | 0.067 |
| Bread, oatmeal, toasted | 1.0 oz | 0.067 |
| Soup, pea, green, canned, condensed | 0.5 cup | 0.067 |
| Cheese, pasteurized process, American, fortified with vitamin D | 1.0 oz | 0.066 |
| Squash, winter, hubbard, cooked, boiled, mashed, with salt | 1.0 cup, mashed | 0.066 |
| Squash, winter, hubbard, cooked, boiled, mashed, without salt | 1.0 cup, mashed | 0.066 |
| Fish, herring, Atlantic, raw | 1.0 oz, boneless | 0.066 |

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| Breadfruit, raw | 1.0 cup | 0.066 |
| Potatoes, mashed, dehydrated, flakes without milk, dry form | 1.0 cup | 0.066 |
| POPEYES, Mild Chicken Strips, analyzed 2006 | 1.0 strip | 0.066 |
| Fish, pike, northern, cooked, dry heat | 3.0 oz | 0.065 |
| Cauliflower, green, raw | 1.0 cup | 0.065 |
| Cookies, oatmeal, commercially prepared, regular | 1.0 oz | 0.065 |
| Apricots, dried, sulfured, stewed, without added sugar | 1.0 cup, halves | 0.065 |
| Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted | 1.0 mini bagel (2-1/2" dia) | 0.065 |
| Candies, HERSHEY'S, ALMOND JOY BITES | 18.0 pieces | 0.064 |
| Milk shakes, thick chocolate | 1.0 fl oz | 0.063 |
| Cookies, chocolate chip, refrigerated dough | 1.0 serving | 0.063 |
| Cowpeas, leafy tips, raw | 1.0 cup, chopped | 0.063 |
| Frankfurter, meat | 1.0 serving (1 hot dog) | 0.063 |
| Chocolate-flavored hazelnut spread | 1.0 serving 2 TBSP | 0.063 |
| Cookies, chocolate chip, commercially prepared, regular, lower fat | 1.0 serving 3 cookies | 0.063 |
| Peaches, canned, light syrup pack, solids and liquids | 1.0 cup, halves or slices | 0.063 |
| Mangos, raw | 1.0 cup pieces | 0.063 |
| Cookies, shortbread, commercially prepared, pecan | 1.0 oz | 0.062 |
| Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw | 1.0 oz | 0.062 |
| Cookies, fig bars | 1.0 oz | 0.062 |
| Potatoes, baked, skin, without salt | 1.0 skin | 0.061 |
| Cookies, oatmeal, with raisins | 1.0 oz | 0.061 |
| Fish, scup, cooked, dry heat | 1.0 fillet | 0.061 |
| Tortillas, ready-to-bake or -fry, flour, shelf stable | 1.0 tortilla | 0.061 |
| Turnip greens, frozen, cooked, boiled, drained, with salt | 0.5 cup | 0.061 |
| Crackers, wheat, sandwich, with cheese filling | 0.5 oz | 0.061 |
| Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw | 1.0 oz | 0.06 |
| Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw | 1.0 oz | 0.06 |
| Fish, mackerel, jack, canned, drained solids | 1.0 oz, boneless | 0.06 |
| Cookies, oatmeal, commercially prepared, special dietary | 1.0 oz | 0.06 |
| Archway Home Style Cookies, Molasses | 1.0 serving | 0.06 |
| Croutons, seasoned | 0.5 oz | 0.06 |
| Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat | 1.0 cup (1 NLEA serving) | 0.06 |
| Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw | 1.0 oz | 0.06 |
| Biscuits, mixed grain, refrigerated dough | 1.0 oz | 0.06 |
| Chicken, broilers or fryers, drumstick, meat only, cooked, fried | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.059 |
| Cookies, peanut butter, commercially prepared, regular | 1.0 oz | 0.059 |
| Soup, beef noodle, canned, condensed | 0.5 cup | 0.059 |
| Pie, banana cream, prepared from recipe | 1.0 oz | 0.059 |
| Cream, fluid, half and half | 1.0 fl oz | 0.059 |
| Cereals, CREAM OF RICE, dry | 0.25 cup (1 NLEA serving) | 0.059 |
| Cranberry sauce, canned, sweetened | 1.0 cup | 0.058 |
| Noodles, japanese, somen, cooked | 1.0 cup | 0.058 |
| Egg, whole, cooked, omelet | 1.0 tbsp | 0.058 |
| Grapefruit juice, white, canned, sweetened | 1.0 cup | 0.058 |
| Cereals, QUAKER, Instant Oatmeal Organic, Regular | 1.0 packet | 0.057 |
| Cream, fluid, light (coffee cream or table cream) | 1.0 fl oz | 0.057 |
| Apricots, canned, heavy syrup pack, with skin, solids and liquids | 1.0 cup, halves | 0.057 |

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| Spinach, raw | 1.0 cup | 0.057 |
| Crackers, rusk toast | 0.5 oz | 0.057 |
| Sausage, pork and turkey, pre-cooked | 1.0 serving | 0.056 |
| Candies, NESTLE, BUTTERFINGER Crisp | 1.0 piece | 0.056 |
| Grapes, canned, thompson seedless, water pack, solids and liquids | 1.0 cup | 0.056 |
| Currants, red and white, raw | 1.0 cup | 0.056 |
| Groundcherries, (cape-gooseberries or poha), raw | 1.0 cup | 0.056 |
| Currants, european black, raw | 1.0 cup | 0.056 |
| CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup | 1.0 cup | 0.056 |
| Nuts, mixed nuts, oil roasted, with peanuts, lightly salted | 1.0 oz | 0.056 |
| Ham, honey, smoked, cooked | 1.0 oz (1 serving) | 0.056 |
| Mollusks, oyster, eastern, farmed, raw | 3.0 oz | 0.055 |
| Peaches, canned, extra heavy syrup pack, solids and liquids | 1.0 cup, halves or slices | 0.055 |
| Turkey, white, rotisserie, deli cut | 1.0 oz (1 serving) | 0.055 |
| Cake, cheesecake, commercially prepared | 1.0 oz | 0.055 |
| Pasta, dry, unenriched | 1.0 cup spaghetti | 0.055 |
| Beets, raw | 1.0 cup | 0.054 |
| Bologna, pork and turkey, lite | 1.0 serving 2 oz | 0.054 |
| Applesauce, canned, sweetened, without salt | 1.0 cup | 0.054 |
| Cake, cherry fudge with chocolate frosting | 1.0 oz | 0.054 |
| Cookies, brownies, prepared from recipe | 1.0 oz | 0.054 |
| Fish, swordfish, cooked, dry heat | 3.0 oz | 0.054 |
| Syrups, table blends, pancake, with 2% maple, with added potassium | 1.0 cup | 0.054 |
| Bread, whole-wheat, commercially prepared | 1.0 slice | 0.053 |
| Cardoon, raw | 1.0 cup, shredded | 0.053 |
| Archway Home Style Cookies, Iced Molasses | 1.0 serving | 0.053 |
| Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program) | 1.0 cup, unthawed | 0.053 |
| Apricots, canned, heavy syrup, drained | 1.0 cup, halves | 0.053 |
| Grapes, american type (slip skin), raw | 1.0 cup | 0.052 |
| Fish, cod, Pacific, raw (may have been previously frozen) | 1.0 fillet | 0.052 |
| Bologna, meat and poultry | 1.0 slice | 0.052 |
| Broccoli raab, raw | 1.0 cup chopped | 0.052 |
| Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids | 1.0 cup | 0.051 |
| Grapefruit, sections, canned, water pack, solids and liquids | 1.0 cup | 0.051 |
| Candies, NESTLE, 100 GRAND Bar | 1.0 bar (1.5 oz) | 0.051 |
| Pears, dried, sulfured, stewed, without added sugar | 1.0 cup, halves | 0.051 |
| Cake, white, dry mix, special dietary (includes lemon-flavored) | 1.0 oz | 0.051 |
| Candies, 5TH AVENUE Candy Bar | 1.0 bar 2 oz | 0.05 |
| Wheat flour, white, all-purpose, unenriched | 1.0 cup | 0.05 |
| Loganberries, frozen | 1.0 cup, unthawed | 0.05 |
| Soybeans, mature seeds, sprouted, cooked, steamed | 1.0 cup | 0.05 |
| Crackers, wheat, regular | 16.0 crackers 1 serving | 0.05 |
| Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared | 1.0 oz | 0.05 |
| Soup, cream of celery, canned, prepared with equal volume water | 1.0 cup | 0.05 |
| Boysenberries, frozen, unsweetened | 1.0 cup, unthawed | 0.049 |
| Cereals, WHEATENA, cooked with water | 1.0 cup | 0.049 |
| Fish, haddock, raw | 3.0 oz | 0.048 |
| Purslane, raw | 1.0 cup | 0.048 |
| Seeds, lotus seeds, dried | 1.0 cup | 0.048 |
| Crackers, cheese, regular | 0.5 oz | 0.048 |
| Cake, snack cakes, creme-filled, sponge | 1.0 oz | 0.048 |
| Crustaceans, spiny lobster, mixed species, cooked, moist heat | 3.0 oz | 0.048 |

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| Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 1.0 cup | 0.047 |
| Cookies, peanut butter, commercially prepared, soft-type | 1.0 oz | 0.047 |
| Croissants, apple | 1.0 oz | 0.046 |
| Peaches, canned, water pack, solids and liquids | 1.0 cup, halves or slices | 0.046 |
| Grapefruit, raw, white, Florida | 1.0 cup sections, with juice | 0.046 |
| Cherries, sweet, raw | 1.0 cup, with pits, yields | 0.046 |
| Radishes, raw | 1.0 cup slices | 0.045 |
| Fish, cisco, smoked | 1.0 oz | 0.045 |
| Gooseberries, raw | 1.0 cup | 0.045 |
| Blackberry juice, canned | 1.0 cup | 0.045 |
| Kiwifruit, green, raw | 1.0 cup, sliced | 0.045 |
| Archway Home Style Cookies, Raspberry Filled | 1.0 serving | 0.045 |
| Grapefruit, sections, canned, juice pack, solids and liquids | 1.0 cup | 0.045 |
| Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size | 1.0 cup (1 NLEA serving) | 0.044 |
| Bread, salvadoran sweet cheese (quesadilla salvadorena) | 1.0 serving (approximate serving size) | 0.044 |
| Cheese, neufchatel | 1.0 oz | 0.044 |
| Cereals, CREAM OF RICE, cooked with water, with salt | 1.0 cup | 0.044 |
| Carrots, canned, regular pack, drained solids | 1.0 cup, sliced | 0.044 |
| Turnips, frozen, cooked, boiled, drained, without salt | 1.0 cup | 0.044 |
| Cookies, sugar wafers with creme filling, regular | 3.0 cookies | 0.043 |
| Onions, raw | 1.0 cup, chopped | 0.043 |
| Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt | 1.0 cup, sliced | 0.043 |
| Bologna, pork, turkey and beef | 1.0 oz | 0.043 |
| Cookies, sugar wafer, with creme filling, sugar free | 1.0 oz | 0.043 |
| Archway Home Style Cookies, Date Filled Oatmeal | 1.0 serving | 0.043 |
| Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit | 2.0 biscuits (1 NLEA serving) | 0.042 |
| Archway Home Style Cookies, Iced Oatmeal | 1.0 serving | 0.042 |
| Cookies, oatmeal, refrigerated dough, baked | 1.0 oz | 0.042 |
| Cookies, peanut butter sandwich, special dietary | 1.0 oz | 0.042 |
| Cookies, oatmeal, refrigerated dough | 1.0 oz | 0.042 |
| Crackers, wheat, sandwich, with peanut butter filling | 0.5 oz | 0.042 |
| Snacks, granola bars, soft, uncoated, peanut butter | 1.0 bar (1 oz) | 0.041 |
| Pork sausage, link/patty, fully cooked, unheated | 1.0 link | 0.041 |
| Crackers, melba toast, rye (includes pumpernickel) | 0.5 oz | 0.04 |
| Pears, canned, light syrup pack, solids and liquids | 1.0 cup, halves | 0.04 |
| Soup, beef and vegetables, canned, ready-to-serve | 1.0 cup | 0.04 |
| Snacks, oriental mix, rice-based | 1.0 oz | 0.04 |
| Bread, reduced-calorie, wheat | 1.0 oz | 0.04 |
| Papayas, raw | 1.0 cup 1" pieces | 0.039 |
| Cream, whipped, cream topping, pressurized | 1.0 cup | 0.039 |
| Croutons, plain | 0.5 oz | 0.039 |
| Beverages, chocolate powder, no sugar added | 2.0 tbsp | 0.038 |
| Crackers, standard snack-type, sandwich, with peanut butter filling | 0.5 oz | 0.038 |
| Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids | 1.0 cup | 0.038 |
| Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched | 1.0 cookie | 0.038 |
| Cabbage, chinese (pe-tsai), raw | 1.0 cup, shredded | 0.038 |
| Onions, frozen, whole, cooked, boiled, drained, without salt | 1.0 cup | 0.038 |
| Pomegranate juice, bottled | 1.0 cup | 0.037 |

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| Balsam-pear (bitter gourd), pods, raw | 1.0 cup (1/2" pieces) | 0.037 |
| Candies, NESTLE, BUTTERFINGER Bar | 1.0 serving 2.1 oz bar | 0.037 |
| Bologna, chicken, turkey, pork | 1.0 serving | 0.037 |
| Snacks, tortilla chips, low fat, made with olestra, nacho cheese | 1.0 oz | 0.037 |
| Lemon juice, raw | 1.0 cup | 0.037 |
| Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry | 1.0 serving | 0.036 |
| Pears, raw | 1.0 cup, slices | 0.036 |
| Lime juice, raw | 1.0 cup | 0.036 |
| Chicken, skin (drumsticks and thighs), raw | 4.0 oz | 0.036 |
| Nuts, chestnuts, chinese, boiled and steamed | 1.0 oz | 0.035 |
| Squash, winter, butternut, cooked, baked, without salt | 1.0 cup, cubes | 0.035 |
| MORI-NU, Tofu, silken, firm | 1.0 slice | 0.034 |
| Noodles, egg, dry, unenriched | 1.0 cup | 0.034 |
| Snacks, potato chips, made from dried potatoes, cheese-flavor | 1.0 oz | 0.034 |
| Veal, breast, separable fat, cooked | 1.0 oz | 0.034 |
| Cookies, chocolate sandwich, with extra creme filling | 1.0 oz | 0.034 |
| Mollusks, octopus, common, raw | 3.0 oz | 0.034 |
| Snacks, potato chips, barbecue-flavor | 1.0 oz | 0.034 |
| Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar | 1.0 serving 2.13 oz bar | 0.034 |
| Persimmons, japanese, raw | 1.0 fruit (2-1/2" dia) | 0.034 |
| Cheese, cream | 1.0 tbsp | 0.033 |
| Carrots, canned, no salt added, solids and liquids | 0.5 cup slices | 0.033 |
| Snacks, potato sticks | 1.0 oz | 0.033 |
| Snacks, potato chips, fat free, salted | 1.0 oz | 0.033 |
| Figs, raw | 1.0 large (2-1/2" dia) | 0.032 |
| Noodles, egg, unenriched, cooked, without added salt | 1.0 cup | 0.032 |
| Fish, flatfish (flounder and sole species), cooked, dry heat | 1.0 fillet | 0.032 |
| Gravy, brown instant, dry | 1.0 serving | 0.032 |
| Crackers, rye, wafers, seasoned | 0.5 oz | 0.032 |
| Crackers, saltines, whole wheat (includes multi-grain) | 1.0 serving | 0.032 |
| Cookies, brownies, dry mix, sugar free | 1.0 oz | 0.031 |
| Apples, raw, without skin | 1.0 cup slices | 0.031 |
| Lamb, Australian, imported, fresh, separable fat, raw | 1.0 oz | 0.03 |
| Pie, fried pies, fruit | 1.0 oz | 0.03 |
| Candies, truffles, prepared-from-recipe | 1.0 piece | 0.03 |
| POPEYES, Coleslaw | 1.0 package | 0.03 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA | 1.0 fl oz | 0.03 |
| Rice, white, medium-grain, cooked, unenriched | 1.0 cup | 0.03 |
| Onions, sweet, raw | 1.0 NLEA serving | 0.03 |
| Soup, beef broth, bouillon, consomme, prepared with equal volume water | 1.0 cup (8 fl oz) | 0.029 |
| Nuts, coconut meat, dried (desiccated), toasted | 1.0 oz | 0.029 |
| Fish, ocean perch, Atlantic, cooked, dry heat | 1.0 fillet | 0.029 |
| Nuts, coconut meat, dried (desiccated), not sweetened | 1.0 oz | 0.028 |
| Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed | 1.0 fl oz | 0.028 |
| Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed | 1.0 fl oz | 0.028 |
| Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw | 1.0 oz | 0.027 |
| Soup, cream of chicken, canned, condensed, reduced sodium | 0.5 cup | 0.027 |
| Candies, fudge, chocolate, with nuts, prepared-from-recipe | 1.0 oz | 0.027 |
| Soup, cream of shrimp, canned, prepared with equal volume water | 1.0 cup | 0.027 |
| Bread, stuffing, cornbread, dry mix, prepared | 1.0 oz | 0.026 |
| Onions, frozen, chopped, unprepared | 0.33 package (10 oz) | 0.026 |

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| Soup, chicken with rice, canned, condensed | 0.5 cup | 0.025 |
| Syrups, table blends, pancake | 1.0 cup | 0.025 |
| Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt | 1.0 leek | 0.025 |
| Soup, onion, canned, condensed | 0.5 cup (4 fl oz) | 0.025 |
| Beverages, coffee, instant, decaffeinated, powder | 1.0 tsp rounded | 0.024 |
| Potatoes, flesh and skin, raw | 0.5 cup, diced | 0.024 |
| Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program) | 0.5 cup slices | 0.024 |
| Onions, frozen, whole, unprepared | 0.33 package (10 oz) | 0.023 |
| Corn, sweet, yellow, canned, drained solids, rinsed with tap water | 1.0 cup drained, rinsed | 0.022 |
| Cream, sour, reduced fat, cultured | 1.0 tbsp | 0.022 |
| Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 | 2.0 tablespoon | 0.022 |
| Carambola, (starfruit), raw | 1.0 cup, cubes | 0.021 |
| Cake, coffeecake, creme-filled with chocolate frosting | 1.0 oz | 0.021 |
| Rice, white, long-grain, regular, cooked, unenriched, with salt | 1.0 cup | 0.021 |
| Puddings, chocolate, ready-to-eat | 1.0 oz | 0.02 |
| Puddings, lemon, dry mix, regular, with added oil, potassium, sodium | 1.0 package (3 oz) | 0.02 |
| Mountain yam, hawaii, cooked, steamed, without salt | 1.0 cup, cubes | 0.02 |
| Soup, cream of mushroom, canned, condensed | 0.5 cup | 0.02 |
| Cream, sour, cultured | 1.0 tbsp | 0.02 |
| Squash, winter, acorn, cooked, boiled, mashed, without salt | 1.0 cup, mashed | 0.02 |
| Squash, winter, acorn, cooked, boiled, mashed, with salt | 1.0 cup, mashed | 0.02 |
| Sour dressing, non-butterfat, cultured, filled cream-type | 1.0 tbsp | 0.02 |
| Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program) | 1.0 cup slices | 0.019 |
| Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed | 1.0 fl oz | 0.019 |
| Endive, raw | 0.5 cup, chopped | 0.019 |
| Cereals ready-to-eat, BARBARA'S PUFFINS, original | 0.75 cup (1 NLEA serving) | 0.018 |
| Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping | 1.0 serving | 0.018 |
| Chicory roots, raw | 1.0 root | 0.018 |
| Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready-to-feed with ARA and DHA | 1.0 fl oz | 0.018 |
| Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt | 1.0 package (3 oz) | 0.018 |
| Soup, chicken broth or bouillon, dry | 1.0 cube | 0.017 |
| Chicken, broilers or fryers, wing, meat only, raw | 1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken) | 0.017 |
| Snacks, tortilla chips, ranch-flavor | 1.0 oz | 0.017 |
| Snacks, rice cakes, brown rice, multigrain | 1.0 cake | 0.017 |
| Popcorn, sugar syrup/caramel, fat-free | 1.0 oz | 0.016 |
| Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased | 10.0 strips | 0.015 |
| Noodles, japanese, somen, dry | 2.0 oz | 0.015 |
| Potatoes, boiled, cooked without skin, flesh, with salt | 0.5 cup | 0.015 |
| Potatoes, boiled, cooked without skin, flesh, without salt | 0.5 cup | 0.015 |
| Salad dressing, mayonnaise, imitation, milk cream | 1.0 tablespoon | 0.015 |
| Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%) | 1.0 oz | 0.014 |
| Chicory, witloof, raw | 1.0 head | 0.014 |
| Snacks, potato chips, fat-free, made with olestra | 1.0 oz | 0.014 |
| Chocolate, dark, 60-69% cacao solids | 1.0 oz | 0.014 |
| Fish, ocean perch, Atlantic, raw | 1.0 oz, boneless | 0.014 |

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| Mountain yam, hawaii, raw | 0.5 cup, cubes | 0.013 |
| Gourd, white-flowered (calabash), raw | 0.5 cup (1" pieces) | 0.013 |
| Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged | 1.0 cup | 0.013 |
| Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids | 0.5 cup | 0.012 |
| Chicken breast, oven-roasted, fat-free, sliced | 1.0 serving 2 slices | 0.012 |
| Candies, MOUNDS Candy Bar | 1.0 bar snack size | 0.011 |
| Snacks, rice cakes, brown rice, corn | 1.0 cake | 0.009 |
| Snacks, rice cakes, brown rice, buckwheat | 1.0 cake | 0.009 |
| Nabisco, Nabisco Ritz Crackers | 1.0 cracker | 0.009 |
| Pie, blueberry, commercially prepared | 1.0 oz | 0.009 |
| Longans, dried | 1.0 fruit | 0.009 |
| Pie, cherry, commercially prepared | 1.0 oz | 0.008 |
| Spices, tarragon, dried | 1.0 tsp, leaves | 0.008 |
| Spices, caraway seed | 1.0 tsp | 0.008 |
| Spices, mace, ground | 1.0 tsp | 0.008 |
| Nuts, coconut cream, canned, sweetened | 1.0 tbsp | 0.008 |
| Chicken, broilers or fryers, separable fat, raw | 1.0 tbsp | 0.008 |
| Tamarind nectar, canned | 1.0 cup | 0.008 |
| Frostings, coconut-nut, ready-to-eat | 0.08 package | 0.007 |
| Arrowhead, cooked, boiled, drained, without salt | 1.0 medium | 0.007 |
| Rice noodles, cooked | 1.0 cup | 0.007 |
| Beverages, tea, instant, unsweetened, powder | 1.0 serving 1 tsp | 0.007 |
| Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine | 1.0 fl oz | 0.007 |
| Salad dressing, thousand island dressing, reduced fat | 1.0 tablespoon | 0.006 |
| Spices, anise seed | 1.0 tsp, whole | 0.006 |
| Papaya, canned, heavy syrup, drained | 1.0 piece | 0.006 |
| Fish, flatfish (flounder and sole species), raw | 1.0 oz, boneless | 0.006 |
| Puddings, tapioca, dry mix, with no added salt | 1.0 package (3.5 oz) | 0.006 |
| Beverages, cranberry-grape juice drink, bottled | 1.0 fl oz | 0.006 |
| Orange peel, raw | 1.0 tbsp | 0.005 |
| Spices, mustard seed, ground | 1.0 tsp | 0.005 |
| Fish, grouper, mixed species, cooked, dry heat | 3.0 oz | 0.005 |
| Onions, dehydrated flakes | 1.0 tbsp | 0.005 |
| Alcoholic beverage, tequila sunrise, canned | 1.0 fl oz | 0.005 |
| Candies, caramels, chocolate-flavor roll | 1.0 piece | 0.005 |
| Snacks, potato chips, made from dried potatoes, fat-free, made with olestra | 1.0 oz | 0.005 |
| Spices, turmeric, ground | 1.0 tsp | 0.004 |
| Salad dressing, mayonnaise type, regular, with salt | 1.0 tbsp | 0.004 |
| Alcoholic beverage, wine, table, white | 1.0 fl oz | 0.004 |
| Alcoholic beverage, wine, table, white, Chardonnay | 1.0 fl oz | 0.004 |
| Fish, grouper, mixed species, raw | 3.0 oz | 0.004 |
| Snacks, fruit leather, rolls | 1.0 large | 0.004 |
| Alcoholic beverage, liqueur, coffee, 63 proof | 1.0 fl oz | 0.004 |
| Spices, curry powder | 1.0 tsp | 0.004 |
| Vanilla extract | 1.0 tsp | 0.004 |
| Spices, thyme, dried | 1.0 tsp, leaves | 0.004 |
| Onions, frozen, chopped, cooked, boiled, drained, without salt | 1.0 tbsp chopped | 0.004 |
| Margarine-like, margarine-butter blend, soybean oil and butter | 1.0 tbsp | 0.003 |
| Beverages, Whiskey sour mix, bottled | 1.0 fl oz | 0.003 |
| Whiskey sour mix, bottled, with added potassium and sodium | 1.0 fl oz | 0.003 |
| Spices, ginger, ground | 1.0 tsp | 0.003 |
| Beverages, cranberry-apricot juice drink, bottled | 1.0 fl oz | 0.003 |
| Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes | 0.75 cup (1 NLEA serving) | 0.003 |

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| Dill weed, fresh | 5.0 sprigs | 0.003 |
| Salad dressing, french, home recipe | 1.0 tablespoon | 0.003 |
| Kanpyo, (dried gourd strips) | 1.0 strip | 0.003 |
| Salad dressing, mayonnaise, regular | 1.0 tbsp | 0.003 |
| Spices, bay leaf | 1.0 tsp, crumbled | 0.003 |
| Parmesan cheese topping, fat free | 1.0 tablespoon | 0.003 |
| Sesbania flower, raw | 1.0 flower | 0.002 |
| Salad dressing, russian dressing, low calorie | 1.0 tablespoon | 0.002 |
| Sweeteners, for baking, brown, contains sugar and sucralose | 1.0 tbsp | 0.002 |
| Spices, marjoram, dried | 1.0 tsp | 0.002 |
| Alcoholic beverage, whiskey sour, canned | 1.0 fl oz | 0.002 |
| Arugula, raw | 1.0 leaf | 0.002 |
| Butter, salted | 1.0 pat (1" sq, 1/3" high) | 0.002 |
| Alcoholic beverage, pina colada, canned | 1.0 fl oz | 0.002 |
| Spices, nutmeg, ground | 1.0 tsp | 0.001 |
| Spices, cinnamon, ground | 1.0 tsp | 0.001 |
| Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits | 1.0 serving fun size (8 chews) | 0.001 |
| Ginger root, raw | 1.0 tsp | 0.001 |
| Beverages, coffee substitute, cereal grain beverage, prepared with water | 1.0 fl oz | 0.001 |