

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
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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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