



Abridged List Ordered by Nutrient Content in Household Measure
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)
Nutrients: **Vitamin B-6** (mg)

Description	Measure	Vitamin B-6 (mg) Per Measure
Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	16.0 fl oz	3.998
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	1.999
Garlic, raw	1.0 cups	1.68
Rice flour, brown	1.0 cups	1.163
Beans, pink, mature seeds, raw	1.0 cups	1.107
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	1.079
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	1.069
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	1.058
Corn grain, white	1.0 cups	1.033
Beverages, Whey protein powder isolate	3.0 scoop	1
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	0.919
Pork, fresh, enhanced, loin, tenderloin, separable lean only,	4.0 oz	0.854
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cups	0.853
Whey, sweet, dried	1.0 cups	0.847
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	0.843
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	0.834
Turkey, ground, fat free, patties, broiled	3.0 oz	0.772
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	0.755
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	0.754
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	0.746
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	0.745
Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	1.0 cups (1 NLEA serving)	0.732
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw meat)	0.724
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	0.718
Beans, adzuki, mature seeds, raw	1.0 cups	0.691
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	0.686
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	0.681

Peanuts, all types, dry-roasted, without salt	1.0 cups	0.68
Nuts, butternuts, dried	1.0 cups	0.672
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	0.667
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	0.664
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	0.662
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cups	0.655
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	0.654
Tomato products, canned, sauce, with onions	1.0 cups	0.654
Plantains, yellow, raw	1.0 plantain	0.653
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	0.65
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	0.65
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.0 oz	0.649
Nuts, hazelnuts or filberts	1.0 cups, chopped	0.647
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	0.643
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	0.637
Cheese, feta	1.0 cups, crumbled	0.636
Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cups	0.619
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	0.617
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	0.612
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	0.609
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cups, diced	0.608
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	0.607
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	0.606
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	0.605
Fish, bluefish, raw	1.0 fillet	0.603
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	0.592
Barley flour or meal	1.0 cups	0.586

Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	3.0 oz	0.586
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	0.576
Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	0.75 cups (1 NLEA serving)	0.574
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	0.558
Beans, black, mature seeds, raw	1.0 cups	0.555
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	0.55
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	0.545
Fish, bluefish, cooked, dry heat	1.0 fillet	0.543
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4.0 oz	0.542
Corn flour, yellow, masa, enriched	1.0 cups	0.541
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	0.538
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	0.535
Fish, swordfish, cooked, dry heat	3.0 oz	0.523
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cups	0.518
Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.75 cups (1 NLEA serving)	0.51
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	0.504
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	0.499
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	0.496
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	0.493
Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1.0 cups (1 NLEA serving)	0.493
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	0.489
Salami, pork, beef, less sodium	3.0 oz	0.489
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	0.489
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	0.488
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	0.485
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	0.478
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.475

Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	0.473
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	0.473
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	0.471
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	0.469
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	0.468
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	0.459
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.0 oz	0.456
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.454
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	0.454
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	0.453
Cereals ready-to-eat, granola, homemade	1.0 cups	0.451
Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cups	0.449
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	0.441
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	0.439
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	0.437
Potatoes, scalloped, home-prepared with butter	1.0 cups	0.436
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	0.433
Currants, zante, dried	1.0 cups	0.426
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	0.422
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	0.42
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	0.414
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	0.408
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3.0 oz	0.406
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	0.406
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	0.404
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	0.403

Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	0.401
Guinea hen, meat only, raw	3.0 oz	0.399
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw meat)	0.399
Pork, cured, ham, shank, bone-in, separable lean only, unheated	3.0 oz	0.397
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	0.396
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	0.394
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3.0 oz	0.394
Sorghum flour, whole-grain	1.0 cups	0.393
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	0.393
Fish, mahimahi, cooked, dry heat	3.0 oz	0.393
Fish, salmon, chum, cooked, dry heat	3.0 oz	0.393
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	0.391
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.391
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	0.391
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	0.389
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	0.389
Fish, herring, Pacific, raw	3.0 oz	0.383
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	0.378
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	0.378
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	0.377
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	0.373
Cornmeal, whole-grain, white	1.0 cups	0.371
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.365
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	0.365
Fish, tuna, white, canned in oil, drained solids	3.0 oz	0.365
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	3.0 oz	0.365

Bamboo shoots, raw	1.0 cups (1/2" slices)	0.362
Potatoes, baked, skin, without salt	1.0 skin	0.356
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	0.353
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	0.351
Peanuts, valencia, oil-roasted, without salt	1.0 cups	0.35
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	0.349
Squab, (pigeon), meat and skin, raw	3.0 oz	0.349
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	0.349
Squash, summer, zucchini, italian style, canned	1.0 cups	0.345
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.343
Fish, wolffish, Atlantic, raw	3.0 oz	0.34
Fish, mackerel, spanish, raw	3.0 oz	0.34
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	0.34
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	0.337
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	0.336
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3.0 oz	0.335
Seeds, safflower seed meal, partially defatted	1.0 oz	0.329
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.328
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw meat)	0.326
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	0.326
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	0.319
Peas, mature seeds, sprouted, raw	1.0 cups	0.318
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	0.315
Tomato products, canned, puree, without salt added	1.0 cups	0.315
Tomato products, canned, puree, with salt added	1.0 cups	0.315
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	0.315
Fish, burbot, cooked, dry heat	1.0 fillet	0.311
Mollusks, octopus, common, raw	3.0 oz	0.306
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	0.303
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups, cubes	0.303
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	0.297
Peppers, pasilla, dried	1.0 pepper	0.296

Fish, lingcod, cooked, dry heat	3.0 oz	0.294
Plantains, yellow, baked	1.0 cups	0.292
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cups, mashed	0.287
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups, mashed	0.287
Candies, confectioner's coating, peanut butter	1.0 cups chips	0.286
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	0.285
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	0.282
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	0.282
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	0.281
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	0.274
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	0.272
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	0.272
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	0.27
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	0.266
Asparagus, canned, drained solids	1.0 cups	0.266
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	0.266
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	0.264
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	0.262
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	0.262
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	0.259
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	0.258
Fish, salmon, pink, canned, without salt, solids with bone and liquid	3.0 oz	0.255
Fish, grouper, mixed species, raw	3.0 oz	0.255
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	0.254
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	0.247
Veal, breast, whole, boneless, separable lean only, cooked, braised	3.0 oz	0.246
Sausage, turkey, fresh, raw	1.0 serving	0.246
Peas, green, raw	1.0 cups	0.245
Frankfurter, pork	1.0 link	0.245
Teff, cooked	1.0 cups	0.244
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups, mashed	0.243

Squash, winter, hubbard, cooked, boiled, mashed, without salt	1.0 cups, mashed	0.243
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	0.242
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	0.242
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	0.24
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.0 cups	0.239
Fish, haddock, raw	3.0 oz	0.239
Fish, herring, Atlantic, pickled	1.0 cups	0.238
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	0.237
Fish, cisco, raw	1.0 fillet	0.237
Passion-fruit, (granadilla), purple, raw	1.0 cups	0.236
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	0.234
Fast foods, croissant, with egg, cheese, and ham	1.0 item	0.233
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	0.23
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	0.23
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cups	0.228
Snacks, potato chips, fat free, salted	1.0 oz	0.227
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	0.226
Veal, shank (fore and hind), separable lean and fat, cooked, braised	3.0 oz	0.225
Potatoes, flesh and skin, raw	0.5 cups, diced	0.223
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	0.222
Peas, edible-podded, frozen, unprepared	1.0 cups	0.222
Breadfruit, raw	1.0 cups	0.22
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.218
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.218
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cups	0.218
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	0.216
Sausage, turkey, hot, smoked	2.0 oz	0.213
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	0.21
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	0.21

Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.207
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	0.207
Cardoon, raw	1.0 cups, shredded	0.206
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	0.206
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	0.205
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	0.205
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.204
Broccoli, frozen, chopped, unprepared	1.0 cups	0.203
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	0.202
Seeds, lotus seeds, dried	1.0 cups	0.201
Beverages, V8 SPLASH Smoothies, Peach Mango	1.0 serving 8 oz	0.201
Beverages, V8 SPLASH Smoothies, Strawberry Banana	1.0 serving 8 oz	0.201
Beverages, chocolate powder, no sugar added	2.0 tbsp	0.2
Beverages, Energy drink, AMP, sugar free	8.0 fl oz	0.199
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	0.199
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1.0 serving	0.198
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	0.197
Mangos, raw	1.0 cups pieces	0.196
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	0.196
Brussels sprouts, raw	1.0 cups	0.193
Onions, sweet, raw	1.0 NLEA serving	0.192
Onions, raw	1.0 cups, chopped	0.192
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	0.19
Litchis, raw	1.0 cups	0.19
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	0.189
Orange juice, chilled, includes from concentrate, with added calcium	1.0 cups	0.189
Fish, tilapia, raw	1.0 fillet	0.188
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	0.188
Spinach, canned, regular pack, solids and liquids	1.0 cups	0.187
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.187

Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.0 cups	0.183
Noodles, egg, spinach, enriched, cooked	1.0 cups	0.182
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	0.18
Vegetable juice cocktail, canned	1.0 cups	0.18
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.179
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	0.179
Carrots, raw	1.0 cups chopped	0.177
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	0.176
Soup, chicken noodle, dry, mix	1.0 packet	0.175
Figs, canned, water pack, solids and liquids	1.0 cups	0.174
Fish, scup, cooked, dry heat	1.0 fillet	0.173
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.173
Tomato juice, canned, without salt added	1.0 cups	0.17
Tomato juice, canned, with salt added	1.0 cups	0.17
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	0.168
Soybeans, green, raw	1.0 cups	0.166
Squash, winter, butternut, frozen, cooked, boiled, without salt	1.0 cups, mashed	0.166
Beverages, Propel Zero, fruit-flavored, non-carbonated	1.0 fl oz	0.165
Cheese spread, pasteurized process, American	1.0 cups, diced	0.164
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	0.164
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	0.163
Beans, baked, canned, with pork	1.0 cups	0.162
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	0.161
Taro, tahitian, cooked, without salt	1.0 cups slices	0.16
Edamame, frozen, unprepared	1.0 cups	0.159
Grapes, canned, thompson seedless, water pack, solids and liquids	1.0 cups	0.159
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	2.0 oz 1 NLEA serving	0.158
Oranges, raw, with peel	1.0 cups	0.158
Sausage, Italian, sweet, links	1.0 link 3 oz	0.157
Peas, edible-podded, raw	1.0 cups, chopped	0.157
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	0.156
Salami, Italian, pork	1.0 oz	0.154
Tangerines, (mandarin oranges), raw	1.0 cups, sections	0.152

Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	0.151
Snacks, potato chips, made from dried potatoes, cheese-flavor	1.0 oz	0.148
Mushrooms, portabella, grilled	1.0 cups sliced	0.148
Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	0.147
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	0.147
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cups	0.147
Milk, sheep, fluid	1.0 cups	0.147
Rice, white, long-grain, regular, cooked, unenriched, with salt	1.0 cups	0.147
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	0.146
Chicory roots, raw	1.0 root	0.145
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	0.144
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	0.143
Beans, black turtle, mature seeds, cooked, boiled, without salt	1.0 cups	0.142
Cauliflower, green, raw	1.0 cups	0.142
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	0.141
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	0.141
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	0.14
Bacon and beef sticks	1.0 oz	0.14
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.0 cups, halves	0.139
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.138
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	0.138
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	0.136
Blueberries, frozen, sweetened	1.0 cups, thawed	0.136
Beets, canned, regular pack, solids and liquids	1.0 cups	0.135
Fast foods, biscuit, with egg and bacon	1.0 biscuit	0.135
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	0.132
Beans, black turtle, mature seeds, canned	1.0 cups	0.132
Chicken, skin (drumsticks and thighs), raw	4.0 oz	0.131
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	0.131
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	0.13
Oat flour, partially debranned	1.0 cups	0.13
Pasta, dry, enriched	1.0 cups spaghetti	0.129

Pasta, dry, unenriched	1.0 cups spaghetti	0.129
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	0.129
Beerwurst, beer salami, pork and beef	2.0 oz	0.129
Beerwurst, pork and beef	1.0 serving 2 oz	0.129
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.128
Tree fern, cooked, without salt	0.5 cups, chopped	0.127
Ham, honey, smoked, cooked	1.0 oz (1 serving)	0.127
Eggnog	1.0 cups	0.127
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	0.125
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	0.125
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	0.124
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	0.124
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	0.124
Cress, garden, raw	1.0 cups	0.123
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	0.123
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	0.123
POPEYES, Coleslaw	1.0 package	0.122
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	0.122
Mountain yam, hawaii, raw	0.5 cups, cubes	0.122
Sweet potato, canned, syrup pack, drained solids	1.0 cups	0.122
Apricots, canned, heavy syrup, drained	1.0 cups, halves	0.12
Cheese, ricotta, whole milk	0.5 cups	0.12
Drumstick pods, raw	1.0 cups slices	0.12
Gooseberries, raw	1.0 cups	0.12
Asparagus, canned, regular pack, solids and liquids	0.5 cups	0.12
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	0.119
Pork, fresh, variety meats and by-products, brain, cooked, braised	3.0 oz	0.119
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.118
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	0.118
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1.0 cups	0.118
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	0.117
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	0.116

Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	0.116
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cups	0.115
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.115
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.115
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.115
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.115
Fish, pike, northern, cooked, dry heat	3.0 oz	0.115
Kiwifruit, green, raw	1.0 cups, sliced	0.113
Oranges, raw, California, valencias	1.0 cups sections, without membranes	0.113
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	0.113
Lemon juice, raw	1.0 cups	0.112
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.112
Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	0.112
Blueberries, wild, canned, heavy syrup, drained	1.0 cups	0.112
Cherries, sour, red, canned, light syrup pack, solids and liquids	1.0 cups	0.111
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.111
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.111
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.0 oz	0.111
Fast Foods, biscuit, with egg and sausage	1.0 item	0.11
Bologna, pork, turkey and beef	1.0 oz	0.11
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	0.11
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.109
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	0.109
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.0 cups	0.109

Macaroni, vegetable, enriched, dry	1.0 cups spiral shaped	0.108
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.25 cups	0.108
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	0.108
Cheese, American, nonfat or fat free	1.0 serving	0.108
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.107
Snacks, potato chips, barbecue-flavor	1.0 oz	0.106
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.106
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	0.106
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	0.105
Liverwurst spread	0.25 cups	0.104
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	0.104
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	0.104
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	0.103
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	0.103
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	0.103
Milk, producer, fluid, 3.7% milkfat	1.0 cups	0.102
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.102
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.102
Milk, buttermilk, dried	0.25 cups	0.101
Grapes, american type (slip skin), raw	1.0 cups	0.101
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	0.1
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	0.1
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	0.1
Pomegranate juice, bottled	1.0 cups	0.1
Grapefruit, raw, white, Florida	1.0 cups sections, with juice	0.099
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	0.099
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.098
Boysenberries, canned, heavy syrup	1.0 cups	0.097

Cowpeas (blackeyes), immature seeds, raw	1.0 cups	0.097
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.097
Cheese, provolone	1.0 cups, diced	0.096
Loganberries, frozen	1.0 cups, unthawed	0.096
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	0.095
Cheese, swiss	1.0 cups, diced	0.094
Braunschweiger (a liver sausage), pork	1.0 oz	0.094
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.093
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.093
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	0.093
Rice, white, medium-grain, cooked, unenriched	1.0 cups	0.093
Blackberries, frozen, unsweetened	1.0 cups, unthawed	0.092
Lime juice, raw	1.0 cups	0.092
Bologna, pork and turkey, lite	1.0 serving 2 oz	0.091
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	0.091
Beets, raw	1.0 cups	0.091
Snacks, potato sticks	1.0 oz	0.091
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.09
Fast foods, english muffin, with egg, cheese, and canadian bacon	1.0 sandwich	0.089
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.089
Fish, salmon, pink, canned, drained solids	3.0 oz	0.089
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	0.089
Onions, frozen, whole, unprepared	0.33 package (10 oz)	0.088
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	0.088
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	0.088
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	0.087
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	0.087
Frankfurter, meat	1.0 serving (1 hot dog)	0.086
Bread, cracked-wheat	1.0 oz	0.086

Fish, herring, Atlantic, raw	1.0 oz, boneless	0.086
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	0.085
Egg, whole, raw, fresh	1.0 large	0.085
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.085
Egg, whole, cooked, fried	1.0 large	0.085
Milk, dry, nonfat, calcium reduced	1.0 oz	0.084
Yogurt, plain, low fat	1.0 container (6 oz)	0.083
Crackers, wheat, regular	16.0 crackers 1 serving	0.083
Radishes, raw	1.0 cups slices	0.082
Noodles, egg, dry, unenriched	1.0 cups	0.082
Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	0.082
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.082
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.082
Cheese, parmesan, grated	1.0 cups	0.081
Beans, snap, green, frozen, cooked, boiled, drained without salt	1.0 cups	0.081
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	0.081
Purslane, cooked, boiled, drained, without salt	1.0 cups	0.081
Onions, dehydrated flakes	1.0 tbsp	0.08
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	0.08
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	0.08
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.0 tablespoon	0.08
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups, chopped	0.079
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	0.079
Currants, red and white, raw	1.0 cups	0.078
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cups	0.078
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	0.078
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	0.078
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	0.077
Cheese, cottage, creamed, with fruit	4.0 oz	0.077
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	0.076
Fish, cisco, smoked	1.0 oz	0.076
Mollusks, mussel, blue, raw	1.0 cups	0.075

Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.075
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	0.074
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.074
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.074
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	0.074
Cheese, muenster	1.0 cups, diced	0.074
Currants, european black, raw	1.0 cups	0.074
Beverages, Protein powder soy based	1.0 scoop	0.074
Barbecue loaf, pork, beef	1.0 oz	0.074
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	0.074
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	0.073
Cheese, mexican, queso chihuahua	1.0 cups, diced	0.073
Figs, raw	1.0 large (2-1/2" dia)	0.072
Egg, whole, cooked, poached	1.0 large	0.072
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	0.071
Asparagus, cooked, boiled, drained	0.5 cups	0.071
Sausage, pork and turkey, pre-cooked	1.0 serving	0.071
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	0.069
Bread, whole-wheat, commercially prepared	1.0 slice	0.069
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	0.069
Broccoli raab, raw	1.0 cups chopped	0.068
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.0 oz	0.068
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.068
Cherries, sweet, raw	1.0 cups, with pits, yields	0.068
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	0.067
Applesauce, canned, sweetened, without salt	1.0 cups	0.066
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	0.066
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	0.066
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	0.065
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	0.064

Focaccia, Italian flatbread, plain	1.0 piece	0.064
Cheese, camembert	1.0 oz	0.064
Cowpeas, leafy tips, raw	1.0 cups, chopped	0.064
Bologna, meat and poultry	1.0 slice	0.064
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	0.063
Snacks, fruit leather, rolls	1.0 large	0.063
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	0.063
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	0.063
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cups	0.063
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	0.062
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	0.061
Kale, frozen, unprepared	1.0 cups	0.06
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	0.06
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	0.06
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	0.06
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	0.06
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.06
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	0.059
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	0.059
Spinach, raw	1.0 cups	0.059
Cheese substitute, mozzarella	1.0 cups, shredded	0.058
Snacks, tortilla chips, ranch-flavor	1.0 oz	0.057
Papayas, raw	1.0 cups 1" pieces	0.055
Wheat flour, white, all-purpose, unenriched	1.0 cups	0.055
Wheat flour, white, all-purpose, enriched, calcium-fortified	1.0 cups	0.055
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	0.055
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	0.054
Yogurt, plain, whole milk	1.0 container (6 oz)	0.054
Blackberry juice, canned	1.0 cups	0.052
Fish, roe, mixed species, cooked, dry heat	1.0 oz	0.052
Cheese, cottage, creamed, large or small curd	4.0 oz	0.052

Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	0.052
Soup, pea, green, canned, condensed	0.5 cups	0.051
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	0.051
Mollusks, oyster, eastern, farmed, raw	3.0 oz	0.051
Wheat flour, white, bread, enriched	1.0 cups	0.051
Bologna, chicken, turkey, pork	1.0 serving	0.05
Cheese, pasteurized process, swiss	1.0 cups, diced	0.05
Grapefruit juice, white, canned, sweetened	1.0 cups	0.05
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cups	0.05
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	0.05
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	0.049
Cereals, QUAKER, Instant Oatmeal Organic, Regular	1.0 packet	0.049
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	0.049
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cups	0.049
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	0.049
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	0.048
Cheese, blue	1.0 oz	0.047
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	0.046
Cream puff, eclair, custard or cream filled, iced	4.0 oz	0.046
Cereals, WHEATENA, cooked with water	1.0 cups	0.046
Snacks, potato chips, fat-free, made with olestra	1.0 oz	0.045
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	0.044
Snacks, pork skins, barbecue-flavor	1.0 oz	0.044
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	0.043
Tomatoes, red, ripe, canned, stewed	1.0 cups	0.043
Bread, stuffing, dry mix	1.0 oz	0.043
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cups	0.043
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	0.042
Cream, fluid, heavy whipping	1.0 cups, whipped	0.042
Snacks, corn-based, extruded, onion-flavor	1.0 oz	0.042
Cheese, mozzarella, whole milk	1.0 cups, shredded	0.041
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	0.041
Bread, stuffing, cornbread, dry mix	1.0 oz	0.041
Apples, raw, without skin	1.0 cups slices	0.041
Pears, raw	1.0 cups, slices	0.041
Beet greens, raw	1.0 cups	0.04
Seeds, sesame flour, low-fat	1.0 oz	0.04

Balsam-pear (bitter melon), pods, raw	1.0 cups (1/2" pieces)	0.04
Okra, frozen, unprepared	0.33 package (10 oz)	0.04
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	0.04
Cookies, peanut butter sandwich, regular	1.0 oz	0.039
Beverages, V8 V-FUSION Juices, Peach Mango	1.0 serving 8 oz	0.039
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	0.039
Cranberry sauce, canned, sweetened	1.0 cups	0.039
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	0.038
Pie, banana cream, prepared from recipe	1.0 oz	0.038
Soup, beef noodle, canned, condensed	0.5 cups	0.037
Crackers, wheat, sandwich, with cheese filling	0.5 oz	0.037
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.037
Soup, cream of shrimp, canned, prepared with equal volume water	1.0 cups	0.037
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	0.037
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	0.036
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	0.036
Garlic bread, frozen	1.0 slice presliced	0.036
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	0.036
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	0.035
Cookies, peanut butter, commercially prepared, regular	1.0 oz	0.035
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	0.034
Cream, fluid, light whipping	1.0 cups, whipped	0.034
Kanpyo, (dried gourd strips)	1.0 strip	0.034
Pork sausage, link/patty, fully cooked, unheated	1.0 link	0.033
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	0.033
Bread, wheat	1.0 slice	0.032
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	0.032
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	0.032
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	0.031
Purslane, raw	1.0 cups	0.031
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.031

Veal, breast, separable fat, cooked	1.0 oz	0.031
Kale, raw	1.0 cups	0.031
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	0.03
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	0.03
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	0.03
Cookies, molasses	1.0 oz	0.029
Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	0.029
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	0.029
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	0.029
Noodles, japanese, somen, dry	2.0 oz	0.029
POPEYES, biscuit	1.0 biscuit	0.028
Nabisco, Nabisco Grahams Crackers	1.0 serving	0.028
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	0.028
Bread, pound cake type, pan de torta salvadoran	1.0 serving	0.028
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	0.027
Crackers, rye, wafers, seasoned	0.5 oz	0.027
Cookies, brownies, prepared from recipe	1.0 oz	0.027
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	0.025
Spices, savory, ground	1.0 tsp	0.025
Soup, chicken with rice, canned, condensed	0.5 cups	0.025
Mollusks, oyster, Pacific, raw	1.0 medium	0.025
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	0.025
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	0.025
Cheese, ricotta, part skim milk	0.5 cups	0.025
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	0.025
Cream, whipped, cream topping, pressurized	1.0 cups	0.025
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	0.024
Crackers, cheese, regular	0.5 oz	0.024
Soup, beef broth, bouillon, consomme, prepared with equal volume water	1.0 cups (8 fl oz)	0.024
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	0.024
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cups milk	1.0 cups	0.024
Mushrooms, Chanterelle, raw	1.0 cups	0.024
Bread, irish soda, prepared from recipe	1.0 oz	0.024
Gravy, beef, canned, ready-to-serve	1.0 cups	0.023
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	0.023
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	0.023
Bread, cheese	1.0 slice	0.023
Noodles, japanese, somen, cooked	1.0 cups	0.023

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.023
Carambola, (starfruit), raw	1.0 cups, cubes	0.022
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	0.022
Bread, white wheat	1.0 slice	0.022
Chicory, witloof, raw	1.0 head	0.022
Cookies, peanut butter sandwich, special dietary	1.0 oz	0.022
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	0.022
Egg, whole, cooked, omelet	1.0 tbsp	0.021
Bread, rye	1.0 oz	0.021
Cookies, fig bars	1.0 oz	0.021
Crackers, standard snack-type, sandwich, with peanut butter filling	0.5 oz	0.021
Croissants, cheese	1.0 oz	0.021
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	0.021
Bread, oat bran	1.0 oz	0.021
Snacks, oriental mix, rice-based	1.0 oz	0.02
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	0.02
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	0.02
Bread, protein (includes gluten)	1.0 oz	0.02
Cookies, shortbread, commercially prepared, plain	1.0 oz	0.02
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.02
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	0.02
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	0.02
Milk, canned, condensed, sweetened	1.0 fl oz	0.019
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	0.019
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.0 oz	0.019
Cookies, oatmeal, with raisins	1.0 oz	0.019
Bread, oatmeal, toasted	1.0 oz	0.019
Soup, cream of mushroom, canned, condensed	0.5 cups	0.019
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	0.019
Gravy, brown instant, dry	1.0 serving	0.019
Cookies, oatmeal, commercially prepared, regular	1.0 oz	0.019
Biscuits, mixed grain, refrigerated dough	1.0 oz	0.018
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	0.018
Bread, white, commercially prepared, toasted	1.0 oz	0.018
Frostings, coconut-nut, ready-to-eat	0.08 package	0.018

Tamarind nectar, canned	1.0 cups	0.018
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	0.018
Candies, MOUNDS Candy Bar	1.0 bar snack size	0.017
Bread, reduced-calorie, wheat	1.0 oz	0.017
Cake, cherry fudge with chocolate frosting	1.0 oz	0.017
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	0.017
Nuts, almond butter, plain, with salt added	1.0 tbsp	0.016
Croissants, butter	1.0 oz	0.016
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	0.016
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	0.016
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	0.016
Cookies, sugar wafers with creme filling, regular	3.0 cookies	0.015
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	0.015
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	0.015
Cream, fluid, half and half	1.0 fl oz	0.015
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	1.0 fl oz	0.015
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	0.015
Soup, cream of chicken, canned, condensed, reduced sodium	0.5 cups	0.015
Cake, sponge, commercially prepared	1.0 oz	0.015
Cake, cheesecake, commercially prepared	1.0 oz	0.015
Alcoholic beverage, wine, table, white	1.0 fl oz	0.015
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	0.015
Spices, tarragon, dried	1.0 tsp, leaves	0.014
Cookies, chocolate wafers	1.0 oz	0.014
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	0.014
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.0 oz	0.014
Egg substitute, powder	0.35 oz	0.014
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	0.014
Spices, anise seed	1.0 tsp, whole	0.014
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	0.013
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	0.013
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.013
Bread, reduced-calorie, oatmeal	1.0 oz	0.013
Snacks, rice cakes, brown rice, corn	1.0 cake	0.013
Cookies, chocolate chip, refrigerated dough	1.0 serving	0.013
Soup, cream of celery, canned, prepared with equal volume water	1.0 cups	0.012
Snacks, rice cakes, brown rice, multigrain	1.0 cake	0.012
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	0.012

Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	0.012
Bread, reduced-calorie, white	1.0 oz	0.012
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1.0 fl oz	0.012
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	0.012
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	0.012
Croutons, seasoned	0.5 oz	0.012
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	0.012
Pie, cherry, commercially prepared	1.0 oz	0.012
Cookies, oatmeal, refrigerated dough	1.0 oz	0.012
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	0.012
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	0.012
Cheese, neufchatel	1.0 oz	0.012
Danish pastry, cheese	1.0 oz	0.011
Spices, ginger, ground	1.0 tsp	0.011
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	0.011
Cracker, meal	1.0 oz	0.011
Danish pastry, cinnamon, enriched	1.0 oz	0.011
Muffins, English, mixed-grain (includes granola)	1.0 oz	0.011
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	0.011
Sauce, cheese, ready-to-serve	0.25 cups	0.011
Orange peel, raw	1.0 tbsp	0.011
Rice noodles, cooked	1.0 cups	0.011
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	0.011
Pie, blueberry, commercially prepared	1.0 oz	0.01
Spices, bay leaf	1.0 tsp, crumbled	0.01
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.0 tbsp chopped	0.01
Crackers, standard snack-type, regular	5.0 crackers	0.01
Chocolate, dark, 60-69% cacao solids	1.0 oz	0.01
Cookies, chocolate sandwich, with creme filling, special dietary	1.0 oz	0.009
MORI-NU, Tofu, silken, firm	1.0 slice	0.009
Croissants, apple	1.0 oz	0.009
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	0.009
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	0.009
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	0.009
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	0.009
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	0.009

Pie, fried pies, fruit	1.0 oz	0.009
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	0.009
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	0.008
Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	1.0 serving	0.008
Cheese, cream	1.0 tbsp	0.008
Spices, mustard seed, ground	1.0 tsp	0.008
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	0.008
Spices, caraway seed	1.0 tsp	0.008
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	0.007
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	0.007
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	0.007
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	8.0 fl oz	0.007
Spices, marjoram, dried	1.0 tsp	0.007
Milk shakes, thick chocolate	1.0 fl oz	0.007
Nuts, coconut cream, raw (liquid expressed from grated meat)	1.0 tbsp	0.007
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	0.007
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	0.007
Crackers, rusk toast	0.5 oz	0.007
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	0.006
Papaya, canned, heavy syrup, drained	1.0 piece	0.006
Cookies, shortbread, commercially prepared, pecan	1.0 oz	0.006
Alcoholic beverage, pina colada, canned	1.0 fl oz	0.006
Nuts, coconut cream, canned, sweetened	1.0 tbsp	0.006
Spices, thyme, dried	1.0 tsp, leaves	0.006
Sweeteners, for baking, brown, contains sugar and sucralose	1.0 tbsp	0.005
Cake, white, dry mix, special dietary (includes lemon-flavored)	1.0 oz	0.005
Cookies, vanilla sandwich with creme filling	1.0 oz	0.005
Puddings, chocolate, ready-to-eat	1.0 oz	0.005
Endive, raw	0.5 cups, chopped	0.005
Parmesan cheese topping, fat free	1.0 tablespoon	0.005
Cream, sour, cultured	1.0 tbsp	0.005
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	0.004
Spices, cinnamon, ground	1.0 tsp	0.004
Soup, chicken broth or bouillon, dry	1.0 cube	0.004
Candies, truffles, prepared-from-recipe	1.0 piece	0.004

Croutons, plain	0.5 oz	0.004
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	0.004
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	0.004
Spices, nutmeg, ground	1.0 tsp	0.004
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	0.004
Spices, turmeric, ground	1.0 tsp	0.003
Ginger root, raw	1.0 tsp	0.003
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	0.003
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	0.003
Spices, mace, ground	1.0 tsp	0.003
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	0.003
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	0.003
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	0.002
Cream, sour, reduced fat, cultured	1.0 tbsp	0.002
Cookies, brownies, dry mix, sugar free	1.0 oz	0.002
Spices, curry powder	1.0 tsp	0.002
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	0.002
Nabisco, Nabisco Ritz Crackers	1.0 cracker	0.002
Dill weed, fresh	5.0 sprigs	0.002
Egg, white, raw, fresh	1.0 large	0.002
Arugula, raw	1.0 leaf	0.001
Salad dressing, russian dressing, low calorie	1.0 tablespoon	0.001
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	0.001
Margarine-like, margarine-butter blend, soybean oil and butter	1.0 tbsp	0.001
Salad dressing, mayonnaise, regular	1.0 tbsp	0.001
Vanilla extract	1.0 tsp	0.001
Alcoholic beverage, daiquiri, canned	1.0 fl oz	0.001
Olives, pickled, canned or bottled, green	1.0 olive	0.001
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.001
Candies, caramels, chocolate-flavor roll	1.0 piece	0.001