

# NUTRIENT CONTENT OF **FOODS**

(SAMPLE)



## Top 250 Food Lists For 59 Nutrients

## Details about this E-Book

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Carbohydrates – Bottom 250.....  
Fiber .....  
Water .....

# Vitamins

# Choline

Food Name	Food Group	mg in 100 grams
Egg, yolk, dried	Dairy and Eggs	2403.3
Egg, whole, dried	Dairy and Eggs	1266.7
Egg, yolk, raw, fresh	Dairy and Eggs	820.2
Egg, yolk, raw, frozen, pasteurized	Dairy and Eggs	639.3
Beef, variety meats and by-products, kidneys, cooked, simmered	Beef Products	513.2
Fish, caviar, black and red, granular	Finfish and Shellfish	490.9
Beef, variety meats and by-products, liver, cooked, braised	Beef Products	426
Beef, variety meats and by-products, liver, cooked, pan-fried	Beef Products	418.2
Veal, variety meats and by-products, liver, cooked, braised	Lamb Veal and Game	398.9
Chicken, liver, all classes, cooked, pan-fried	Poultry	326.8
Egg, whole, cooked, fried	Dairy and Eggs	317.1
Egg, whole, raw, fresh	Dairy and Eggs	293.8
Egg, whole, cooked, hard-boiled	Dairy and Eggs	293.8
Chicken, liver, all classes, cooked, simmered	Poultry	290
Egg, whole, raw, frozen, pasteurized	Dairy and Eggs	268.3
Egg, duck, whole, fresh, raw	Dairy and Eggs	263.4
Egg, goose, whole, fresh, raw	Dairy and Eggs	263.4
Braunschweiger (a liver sausage), pork	Sausages Luncheon	255.9
Egg, whole, cooked, omelet	Dairy and Eggs	247.6
Fish, whitefish, eggs (Alaska Native)	American Native Foods	247.5
Pate, chicken liver, canned	Sausages Luncheon	228.8
Beef, variety meats and by-products, heart, cooked, simmered	Beef Products	228.8
Whey, acid, dried	Dairy and Eggs	225
Egg, whole, cooked, scrambled	Dairy and Eggs	221
Turkey, liver, all classes, cooked, simmered	Poultry	220.2
Veal, variety meats and by-products, thymus, cooked, braised	Lamb Veal and Game	209.3
Mushrooms, shiitake, dried	Vegetables	201.7
Soy flour, low-fat	Legumes	191.7
Soy protein isolate	Legumes	190.9
Soy flour, full-fat, raw	Legumes	190.6
Cereals ready-to-eat, wheat germ, toasted, plain	Breakfast Cereals	178.6
Chicken, broilers or fryers, giblets, cooked, simmered	Poultry	178.1
Turkey, heart, all classes, cooked, simmered	Poultry	172.5
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	Dairy and Eggs	169.2
Beef, variety meats and by-products, tongue, cooked, simmered	Beef Products	155
Veal, leg (top round), separable lean and fat, cooked, braised	Lamb Veal and Game	141.2
Crustaceans, shrimp, mixed species, cooked, moist heat	Finfish and Shellfish	135.4
Mollusks, oyster, eastern, wild, cooked, moist heat	Finfish and Shellfish	130
Game meat, beaver, cooked, roasted	Lamb Veal and Game	129.9
Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	Beef Products	126.7
Veal, rib, separable lean and fat, cooked, braised	Lamb Veal and Game	126.3
Pork, cured, bacon, cooked, broiled, pan-fried or roasted	Pork	123.2
Game meat, squirrel, cooked, roasted	Lamb Veal and Game	122.9
Game meat, caribou, cooked, roasted	Lamb Veal and Game	122.6
Fat, turkey	Fats and Oils	122.4
Fat, chicken	Fats and Oils	122.4
Fat, duck	Fats and Oils	122.4
Celery flakes, dried	Vegetables	122.3
Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	Lamb Veal and Game	121.2
Caribou, hind quarter, meat, cooked (Alaska Native)	American Native Foods	120.4

Pork, cured, bacon, cooked, baked	Pork	119.3
Milk, dry, whole, without added vitamin D	Dairy and Eggs	117.4
Game meat, boar, wild, cooked, roasted	Lamb Veal and Game	117.4
Veal, composite of trimmed retail cuts, separable lean and fat, cooked	Lamb Veal and Game	116.6
Game meat, opossum, cooked, roasted	Lamb Veal and Game	116.5
Soybeans, mature seeds, raw	Legumes	115.9
Game meat, raccoon, cooked, roasted	Lamb Veal and Game	115.4
Mollusks, scallop, (bay and sea), cooked, steamed	Finfish and Shellfish	110.7
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	Beef Products	109.8
Peanut flour, defatted	Legumes	108.7
Veal, leg (top round), separable lean and fat, cooked, roasted	Lamb Veal and Game	108.2
Mollusks, clam, mixed species, canned, drained solids	Finfish and Shellfish	107.4
Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	Pork	107
Game meat, goat, cooked, roasted	Lamb Veal and Game	106.4
Tofu, fried	Legumes	106.3
Beef, tenderloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	Beef Products	105
Tomatoes, sun-dried	Vegetables	104.6
Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	Beef Products	104.5
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	Beef Products	102.8
Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	Beef Products	102.6
Pork, cured, ham, whole, separable lean only, roasted	Pork	101.9
Mollusks, oyster, eastern, wild, cooked, dry heat	Finfish and Shellfish	101
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	Beef Products	100.8
Veal, sirloin, separable lean and fat, cooked, roasted	Lamb Veal and Game	99.5
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	Beef Products	99.5
Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	Pork	99.2
Mung beans, mature seeds, raw	Legumes	97.9
Bison, ground, grass-fed, cooked	Lamb Veal and Game	97.2
Fish sticks, meatless	Legumes	96.9
Lima beans, large, mature seeds, raw	Legumes	96.7
Lentils, raw	Legumes	96.4
Pork, cured, breakfast strips, cooked	Pork	96.3
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	Pork	96
Broadbeans (fava beans), mature seeds, raw	Legumes	95.8
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	Legumes	95.2
Jellyfish, dried, salted	Finfish and Shellfish	95
Fish, whitefish, mixed species, smoked	Finfish and Shellfish	95
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	Legumes	94.7
Bratwurst, pork, cooked	Sausages Luncheon	94
Salami, cooked, beef and pork	Sausages Luncheon	93.5
Noodles, chinese, cellophane or long rice (mung beans), dehydrated	Legumes	93.2
Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	Pork	92.8
Muffins, blueberry, commercially prepared (Includes mini-muffins)	Baked Products	92.5
Fish, haddock, smoked	Finfish and Shellfish	92.3
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	Pork	91.5
Crustaceans, shrimp, mixed species, cooked, breaded and fried	Finfish and Shellfish	91.2
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	Beef Products	89.5
Beef, cured, corned beef, canned	Sausages Luncheon	89.2
Peppers, sweet, green, freeze-dried	Vegetables	89

Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	Pork	88.3
Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	Pork	87
Pheasant, cooked, total edible	Poultry	85.8
Pork, cured, ham, whole, separable lean and fat, roasted	Pork	84.3
Peppers, hot chile, sun-dried	Vegetables	84.3
Bread, egg	Baked Products	84.3
Fish, cod, Atlantic, cooked, dry heat	Finfish and Shellfish	83.7
Fish, herring, Atlantic, cooked, dry heat	Finfish and Shellfish	83.3
Turkey from whole, light meat, meat and skin, cooked, roasted	Poultry	82.5
Turkey, gizzard, all classes, cooked, simmered	Poultry	82.2
Vegetarian fillets	Legumes	82
Ham, sliced, regular (approximately 11% fat)	Sausages Luncheon	81.9
Beef, cured, pastrami	Sausages Luncheon	81.6
Mollusks, conch, baked or broiled	Finfish and Shellfish	81
Mollusks, octopus, common, cooked, moist heat	Finfish and Shellfish	81
Mollusks, oyster, eastern, canned	Finfish and Shellfish	81
Crustaceans, crab, blue, cooked, moist heat	Finfish and Shellfish	80.9
Crustaceans, crayfish, mixed species, wild, cooked, moist heat	Finfish and Shellfish	80.9
Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	Pork	80.1
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	Pork	80
Fish, flatfish (flounder and sole species), cooked, dry heat	Finfish and Shellfish	79.9
Fat, mutton tallow	Fats and Oils	79.8
Fat, beef tallow	Fats and Oils	79.8
Fish, cod, Pacific, cooked, dry heat	Finfish and Shellfish	79.7
Fish, haddock, cooked, dry heat	Finfish and Shellfish	79.6
Chicken, broilers or fryers, wing, meat only, cooked, roasted	Poultry	79.6
Ground turkey, 85% lean, 15% fat, patties, broiled	Poultry	79.1
Chicken, broilers or fryers, meat only, roasted	Poultry	78.8
Seeds, flaxseed	Nut and Seeds	78.7
Noodles, egg, dry, unenriched	Cereal Grains Pasta	78.7
Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	Poultry	78.7
Fish, catfish, channel, farmed, cooked, dry heat	Finfish and Shellfish	78.7
Fish, rockfish, Pacific, mixed species, cooked, dry heat	Finfish and Shellfish	78.7
Fish, ocean perch, Atlantic, cooked, dry heat	Finfish and Shellfish	78.6
Poultry food products, ground turkey, cooked	Poultry	78.2
Fish, tuna, yellowfin, fresh, cooked, dry heat	Finfish and Shellfish	77.6
Fish, trout, rainbow, farmed, cooked, dry heat	Finfish and Shellfish	77.6
Fish, swordfish, cooked, dry heat	Finfish and Shellfish	77.5
Pepperoni, pork, beef	Sausages Luncheon	77.1
Ham, chopped, not canned	Sausages Luncheon	77
Pork, fresh, variety meats and by-products, feet, cooked, simmered	Pork	75.4
Wheat bran, crude	Cereal Grains Pasta	74.4
Potato pancakes	Vegetables	74.2
Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	Poultry	72.8
Chicken, broilers or fryers, meat only, stewed	Poultry	72.4
Miso	Legumes	72.2
Mortadella, beef, pork	Sausages Luncheon	72.2
Carrot, dehydrated	Vegetables	72.1
Chicken, broilers or fryers, thigh, meat only, cooked, roasted	Poultry	71.8
Nuts, pistachio nuts, dry roasted, with salt added	Nut and Seeds	71.4
Nuts, pistachio nuts, dry roasted, without salt added	Nut and Seeds	71.4
Turkey, all classes, leg, meat and skin, cooked, roasted	Poultry	70.8
Chicken, broilers or fryers, wing, meat only, cooked, stewed	Poultry	70.6
Fish, sturgeon, mixed species, cooked, dry heat	Finfish and Shellfish	70
Amaranth, uncooked	Cereal Grains Pasta	69.8



Turkey, all classes, wing, meat and skin, cooked, roasted	Poultry	68.6
Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	Poultry	67.8
Turkey, all classes, back, meat and skin, cooked, roasted	Poultry	67.6
Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	Poultry	67.6
Peanut spread, reduced sugar	Legumes	67.4
Chicken, broilers or fryers, thigh, meat only, cooked, stewed	Poultry	67.3
Beans, pink, mature seeds, raw	Legumes	67.2
Beerwurst, beer salami, pork and beef	Sausages Luncheon	67.1
Pastrami, turkey	Sausages Luncheon	66.7
Goose, domesticated, meat and skin, cooked, roasted	Poultry	66.5
Beans, black, mature seeds, raw	Legumes	66.4
Beans, white, mature seeds, raw	Legumes	66.2
Seaweed, spirulina, dried	Vegetables	66
Quail, cooked, total edible	Poultry	65.9
Beans, kidney, red, mature seeds, raw	Legumes	65.9
Ostrich, ground, cooked, pan-broiled	Poultry	65.7
Bologna, beef and pork	Sausages Luncheon	65.6
Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	Pork	65.2
Yeast extract spread	Vegetables	65.1
Frog legs, raw	Finfish and Shellfish	65
Duck, domesticated, meat only, cooked, roasted	Poultry	65
Seaweed, agar, dried	Vegetables	63.3
Seeds, pumpkin and squash seed kernels, dried	Nut and Seeds	63
Seeds, pumpkin and squash seed kernels, roasted, with salt added	Nut and Seeds	63
Peanut butter, smooth style, with salt	Legumes	63
Peanut butter, smooth style, without salt	Legumes	63
Seeds, pumpkin and squash seed kernels, roasted, without salt	Nut and Seeds	63
Ham, sliced, prepackaged (96% fat free, water added)	Sausages Luncheon	62.4
Chicken, broilers or fryers, back, meat and skin, cooked, roasted	Poultry	62.3
Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	Poultry	62.3
Peanut butter, chunk style, without salt	Legumes	61.3
Peanut butter, chunk style, with salt	Legumes	61.3
Sausage, chicken and beef, smoked	Sausages Luncheon	61.2
Nuts, cashew nuts, oil roasted, without salt added	Nut and Seeds	61
Nuts, cashew butter, plain, with salt added	Nut and Seeds	61
Nuts, cashew nuts, dry roasted, without salt added	Nut and Seeds	61
Mushrooms, shiitake, stir-fried	Vegetables	59.4
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	Poultry	59.2
Bologna, chicken, pork, beef	Sausages Luncheon	59.1
Bread, cornbread, dry mix, prepared	Baked Products	58.7
Soup, tomato vegetable, dry, mix	Soups Sauces	58
Salami, cooked, beef	Sausages Luncheon	57.5
Cauliflower, green, raw	Vegetables	57.1
Potato soup, instant, dry mix	Soups Sauces	56.3
Edamame, frozen, prepared	Vegetables	56.3
Edamame, frozen, unprepared	Vegetables	56
Nuts, pine nuts, dried	Nut and Seeds	55.8
Peanuts, all types, dry-roasted, without salt	Legumes	55.3
Peanuts, all types, oil-roasted, with salt	Legumes	55.3
Seeds, sunflower seed kernels, dried	Nut and Seeds	55.1
Seeds, sunflower seed kernels, oil roasted, without salt	Nut and Seeds	55.1
Seeds, sunflower seed kernels, dry roasted, with salt added	Nut and Seeds	55.1
Seeds, sunflower seed kernels, dry roasted, without salt	Nut and Seeds	55.1
Seeds, sunflower seed kernels, oil roasted, with salt added	Nut and Seeds	55.1
Peanuts, all types, oil-roasted, without salt	Legumes	55
Shallots, freeze-dried	Vegetables	55

Babyfood, meat, lamb, junior	Baby Foods	54.7
Bologna, pork	Sausages Luncheon	54.4
Buckwheat groats, roasted, dry	Cereal Grains Pasta	54.2
Buckwheat flour, whole-groat	Cereal Grains Pasta	54.2
Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	Poultry	54.1
Bologna, turkey	Sausages Luncheon	54
Bologna, chicken, turkey, pork	Sausages Luncheon	53.3
Salami, cooked, turkey	Sausages Luncheon	53.1
Peanuts, all types, raw	Legumes	52.5
Eggnog	Dairy and Eggs	52.2
Nuts, almonds, oil roasted, without salt added	Nut and Seeds	52.1
Nuts, almond butter, plain, without salt added	Nut and Seeds	52.1
Nuts, almond butter, plain, with salt added	Nut and Seeds	52.1
Nuts, almonds, dry roasted, without salt added	Nut and Seeds	52.1
Nuts, almonds	Nut and Seeds	52.1
Muffins, wheat bran, toaster-type with raisins	Baked Products	51.7
Muffins, corn, commercially prepared	Baked Products	51.7
Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	Poultry	51.3
Nuts, mixed nuts, oil roasted, without peanuts, with salt added	Nut and Seeds	51.2
Mushrooms, maitake, raw	Vegetables	51.1
Frankfurter, beef, heated	Sausages Luncheon	50.8
Frankfurter, chicken	Sausages Luncheon	50.5
Duck, domesticated, meat and skin, cooked, roasted	Poultry	50.4
Cereals ready-to-eat, UNCLE SAM CEREAL	Breakfast Cereals	49.5
Cereals ready-to-eat, granola, homemade	Breakfast Cereals	49.1
Mushrooms, oyster, raw	Vegetables	48.7
Tofu yogurt	Legumes	48.4
Frankfurter, turkey	Sausages Luncheon	48.4
Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	Beef Products	48
Pork, cured, bacon, unprepared	Pork	47.8
Mushrooms, enoki, raw	Vegetables	47.7
Cheesecake commercially prepared	Baked Products	45.9
Pigeonpeas, immature seeds, raw	Vegetables	45.8
Nuts, hazelnuts or filberts	Nut and Seeds	45.6
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	Vegetables	45.6
Bacon, meatless	Lamb Veal and Game	45
Nuts, macadamia nuts, dry roasted, without salt added	Nut and Seeds	44.6
Nuts, macadamia nuts, dry roasted, with salt added	Nut and Seeds	44.6
Cauliflower, raw	Vegetables	44.3
Lima beans, immature seeds, cooked, boiled, drained, without salt	Vegetables	44.1

# Lutein and zeaxanthin

Food Name	Food Group	mcg in 100 grams
Kale, frozen, cooked, boiled, drained, without salt	Vegetables	19697
Kale, cooked, boiled, drained, without salt	Vegetables	18246
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	Vegetables	15690
Sweet potato leaves, raw	Vegetables	14720
Dandelion greens, raw	Vegetables	13610
Turnip greens, raw	Vegetables	12825
Cress, garden, raw	Vegetables	12500
Spinach, raw	Vegetables	12198
Turnip greens, frozen, cooked, boiled, drained, without salt	Vegetables	11915
Sweet potato leaves, cooked, steamed, without salt	Vegetables	11449
Spinach, cooked, boiled, drained, without salt	Vegetables	11308
Chard, swiss, cooked, boiled, drained, without salt	Vegetables	11015
Chard, swiss, raw	Vegetables	11000
Mustard greens, cooked, boiled, drained, without salt	Vegetables	10400
Chicory greens, raw	Vegetables	10300
Dandelion greens, cooked, boiled, drained, without salt	Vegetables	9158
Radicchio, raw	Vegetables	8832
Turnip greens, cooked, boiled, drained, without salt	Vegetables	8440
Cress, garden, cooked, boiled, drained, without salt	Vegetables	8402
Kale, raw	Vegetables	8198
Mustard greens, frozen, cooked, boiled, drained, without salt	Vegetables	6672
Collards, cooked, boiled, drained, without salt	Vegetables	6197
Peppers, sweet, red, freeze-dried	Vegetables	5799
Parsley, fresh	Vegetables	5561
Peppers, hot chile, sun-dried	Vegetables	5494
Peppers, sweet, green, freeze-dried	Vegetables	5199
Celery flakes, dried	Vegetables	5076
Collards, raw	Vegetables	4323
Chrysanthemum, garland, raw	Vegetables	3834
Mustard greens, raw	Vegetables	3730
Arugula, raw	Vegetables	3555
Chrysanthemum, garland, cooked, boiled, drained, without salt	Vegetables	3467
Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	Vegetables	2638
Peas, green, cooked, boiled, drained, without salt	Vegetables	2593
Peas, green, raw	Vegetables	2477
Peas, green, frozen, cooked, boiled, drained, without salt	Vegetables	2400
Peas, green, frozen, unprepared	Vegetables	2352
Lettuce, cos or romaine, raw	Vegetables	2312
Rose Hips, wild (Northern Plains Indians)	American Native Foods	2001
Taro leaves, raw	Vegetables	1932
Leeks, (bulb and lower leaf-portion), raw	Vegetables	1900
Beet greens, cooked, boiled, drained, without salt	Vegetables	1819

Babyfood, peas, dices, toddler	Baby Foods	1805
Peas, green, canned, regular pack, solids and liquids	Vegetables	1747
Pumpkin leaves, cooked, boiled, drained, without salt	Vegetables	1747
Jute, potherb, cooked, boiled, drained, without salt	Vegetables	1747
Drumstick leaves, cooked, boiled, drained, without salt	Vegetables	1747
Grape leaves, raw	Vegetables	1747
Lettuce, green leaf, raw	Vegetables	1730
Lettuce, red leaf, raw	Vegetables	1724
Broccoli raab, cooked	Vegetables	1683
Cornmeal, degermed, unenriched, yellow	Cereal Grains Pasta	1628
Brussels sprouts, raw	Vegetables	1590
Brussels sprouts, frozen, cooked, boiled, drained, without salt	Vegetables	1541
Peas and carrots, frozen, cooked, boiled, drained, without salt	Vegetables	1538
Beet greens, raw	Vegetables	1503
Pumpkin, raw	Vegetables	1500
Tomatoes, sun-dried	Vegetables	1419
Squash, winter, all varieties, cooked, baked, without salt	Vegetables	1415
Nuts, pistachio nuts, raw	Nut and Seeds	1405
Broccoli, raw	Vegetables	1403
Babyfood, vegetables, garden vegetable, strained	Baby Foods	1374
Cornmeal, whole-grain, yellow	Cereal Grains Pasta	1355
Corn, yellow	Cereal Grains Pasta	1355
Corn bran, crude	Cereal Grains Pasta	1355
Cereals, corn grits, yellow, regular and quick, unenriched, dry	Breakfast Cereals	1355
Corn flour, whole-grain, yellow	Cereal Grains Pasta	1355
Corn flour, degermed, unenriched, yellow	Cereal Grains Pasta	1355
Peas, green, canned, no salt added, drained solids	Vegetables	1350
Balsam-pear (bitter melon), pods, cooked, boiled, drained, without salt	Vegetables	1323
Cereals ready-to-eat, corn flakes, low sodium	Breakfast Cereals	1300
Brussels sprouts, cooked, boiled, drained, without salt	Vegetables	1290
Babyfood, peas and brown rice	Baby Foods	1256
Lettuce, butterhead (includes boston and bibb types), raw	Vegetables	1223
Peas and onions, frozen, cooked, boiled, drained, without salt	Vegetables	1202
Nuts, pistachio nuts, dry roasted, without salt added	Nut and Seeds	1160
Nuts, pistachio nuts, dry roasted, with salt added	Nut and Seeds	1160
Onions, spring or scallions (includes tops and bulb), raw	Vegetables	1137
Egg, yolk, dried	Dairy and Eggs	1133
Broccoli raab, raw	Vegetables	1121
Broccoli, frozen, chopped, unprepared	Vegetables	1120
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	Vegetables	1095
Egg, yolk, raw, fresh	Dairy and Eggs	1094
Broccoli, cooked, boiled, drained, without salt	Vegetables	1080
Carrot, dehydrated	Vegetables	1051
Corn, sweet, yellow, canned, vacuum pack, no salt added	Vegetables	1045
Pumpkin, cooked, boiled, drained, without salt	Vegetables	1014
Cowpeas, young pods with seeds, raw	Vegetables	932
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	Vegetables	925

Broccoli, chinese, cooked	Vegetables	912
Corn, sweet, yellow, cooked, boiled, drained, without salt	Vegetables	906
Egg, yolk, raw, frozen, pasteurized	Dairy and Eggs	904
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	Vegetables	893
Coriander (cilantro) leaves, raw	Vegetables	865
Peppers, jalapeno, raw	Vegetables	861
Onions, young green, tops only	Vegetables	858
Egg, whole, dried	Dairy and Eggs	835
Persimmons, japanese, raw	Fruits and Fruit Juices	834
Hyacinth-beans, immature seeds, raw	Vegetables	802
Cereals ready-to-eat, wheat germ, toasted, plain	Breakfast Cereals	790
Peas, edible-podded, raw	Vegetables	740
Peppers, hot chili, green, raw	Vegetables	725
Asparagus, raw	Vegetables	710
Peppers, hot chili, red, raw	Vegetables	709
Beans, snap, green, cooked, boiled, drained, without salt	Vegetables	709
Peas, edible-podded, boiled, drained, without salt	Vegetables	702
Carrots, cooked, boiled, drained, without salt	Vegetables	687
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	Vegetables	684
Carrots, frozen, cooked, boiled, drained, without salt	Vegetables	676
Seeds, flaxseed	Nut and Seeds	651
Fish, caviar, black and red, granular	Finfish and Shellfish	648
Corn, sweet, yellow, raw	Vegetables	644
Beans, snap, green, raw	Vegetables	640
Vegetables, mixed, frozen, cooked, boiled, drained, with salt	Vegetables	637
Vegetables, mixed, frozen, cooked, boiled, drained, without salt	Vegetables	637
Asparagus, canned, drained solids	Vegetables	630
Asparagus, frozen, cooked, boiled, drained, without salt	Vegetables	618
Tamales, masa and pork filling (Hopi)	American Native Foods	616
Peaches, dried, sulfured, uncooked	Fruits and Fruit Juices	559
Bread, cornbread, dry mix, prepared	Baked Products	550
Egg, whole, cooked, fried	Dairy and Eggs	543
Babyfood, dinner, broccoli and chicken, junior	Baby Foods	511
Olives, pickled, canned or bottled, green	Fruits and Fruit Juices	510
Olives, ripe, canned (small-extra large)	Fruits and Fruit Juices	510
Olives, ripe, canned (jumbo-super colossal)	Fruits and Fruit Juices	510
Egg, whole, raw, fresh	Dairy and Eggs	503
Peppers, hungarian, raw	Vegetables	502
Babyfood, vegetables, mix vegetables junior	Baby Foods	497
Okra, frozen, unprepared	Vegetables	482
Egg, whole, raw, frozen, pasteurized	Dairy and Eggs	471
Artichokes, (globe or french), raw	Vegetables	464
Artichokes, (globe or french), cooked, boiled, drained, without salt	Vegetables	464
Egg, duck, whole, fresh, raw	Dairy and Eggs	459
Egg, goose, whole, fresh, raw	Dairy and Eggs	442
Peppers, sweet, green, cooked, boiled, drained, without salt	Vegetables	431
Babyfood, vegetables, corn, creamed, junior	Baby Foods	423

Egg, whole, cooked, omelet	Dairy and Eggs	423
Okra, frozen, cooked, boiled, drained, without salt	Vegetables	420
Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	Vegetables	394
Okra, cooked, boiled, drained, without salt	Vegetables	390
Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored	Breakfast Cereals	381
Egg, whole, cooked, scrambled	Dairy and Eggs	372
Carrots, baby, raw	Vegetables	358
Egg, whole, cooked, hard-boiled	Dairy and Eggs	353
Chokecherries, raw, pitted (Northern Plains Indians)	American Native Foods	347
Sauce, peppers, hot, chili, mature red, canned	Soups Sauces	341
Peppers, sweet, green, raw	Vegetables	341
Babyfood, dinner, pasta with vegetables	Baby Foods	341
Carrot juice, canned	Vegetables	333
Cereals ready-to-eat, UNCLE SAM CEREAL	Breakfast Cereals	331
Restaurant, Chinese, shrimp and vegetables	Restaurant Foods	330
Cabbage, red, raw	Vegetables	329
Celery, cooked, boiled, drained, without salt	Vegetables	329
Chives, raw	Vegetables	323
Kamut, uncooked	Cereal Grains Pasta	301
Sauerkraut, canned, solids and liquids	Vegetables	295
Soup, tomato vegetable, dry, mix	Soups Sauces	285
Celery, raw	Vegetables	283
Okra, raw	Vegetables	280
Pickle relish, sweet	Vegetables	271
Avocados, raw, all commercial varieties	Fruits and Fruit Juices	271
Restaurant, Chinese, beef and vegetables	Restaurant Foods	268
Muffins, corn, commercially prepared	Baked Products	263
Carrots, raw	Vegetables	256
Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	Vegetables	248
Crackers, rye, wafers, plain	Baked Products	245
Tangerines, (mandarin oranges), canned, juice pack, drained	Fruits and Fruit Juices	243
Wheat bran, crude	Cereal Grains Pasta	240
Cereals, whole wheat hot natural cereal, dry	Breakfast Cereals	227
Restaurant, Chinese, kung pao chicken	Restaurant Foods	226
Wheat flour, whole-grain	Cereal Grains Pasta	220
Rice bran, crude	Cereal Grains Pasta	220
Wild rice, raw	Cereal Grains Pasta	220
Buckwheat flour, whole-groat	Cereal Grains Pasta	220
Bulgur, dry	Cereal Grains Pasta	220
Carrots, frozen, unprepared	Vegetables	218
Babyfood, corn and sweet potatoes, strained	Baby Foods	215
Sauce, salsa, ready-to-serve	Soups Sauces	211
Rye flour, medium	Cereal Grains Pasta	210
Rye	Cereal Grains Pasta	210
Rye flour, dark	Cereal Grains Pasta	210
Rye flour, light	Cereal Grains Pasta	210
Cereals, corn grits, yellow, regular and quick, unenriched, cooked with	Breakfast Cereals	197

water, without salt		
Sauce, pasta, spaghetti/marinara, ready-to-serve	Soups Sauces	190
Pigeonpeas, immature seeds, raw	Vegetables	190
Peaches, dried, sulfured, stewed, without added sugar	Fruits and Fruit Juices	180
Oat bran, raw	Cereal Grains Pasta	180
Crackers, whole-wheat	Baked Products	179
Corn, sweet, yellow, canned, whole kernel, drained solids	Vegetables	176
Lasagna with meat sauce, frozen, prepared	Meals Entrees Sides	176
Salad dressing, russian dressing	Fats and Oils	173
Rhubarb, raw	Fruits and Fruit Juices	170
Pickles, cucumber, sweet (includes bread and butter pickles)	Vegetables	170
Balsam-pear (bitter gourd), pods, raw	Vegetables	170
Spelt, uncooked	Cereal Grains Pasta	169
Babyfood, carrots, toddler	Baby Foods	167
Tangerine juice, raw	Fruits and Fruit Juices	166
Babyfood, fruit, peaches, junior	Baby Foods	163
Barley malt flour	Cereal Grains Pasta	160
Barley, pearled, raw	Cereal Grains Pasta	160
Barley flour or meal	Cereal Grains Pasta	160
Jackfruit, raw	Fruits and Fruit Juices	157
Plums, dried (prunes), uncooked	Fruits and Fruit Juices	148
Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	Vegetables	141
Babyfood, carrots and beef, strained	Baby Foods	139
Tangerines, (mandarin oranges), raw	Fruits and Fruit Juices	138
Cereals ready-to-eat, granola, homemade	Breakfast Cereals	137
Mulberries, raw	Fruits and Fruit Juices	136
Raspberries, raw	Fruits and Fruit Juices	136
Babyfood, juice, orange-carrot	Baby Foods	135
Babyfood, dinner, turkey and rice, junior	Baby Foods	134
Nectarines, raw	Fruits and Fruit Juices	130
Raspberries, wild (Northern Plains Indians)	American Native Foods	130
Oranges, raw, navels	Fruits and Fruit Juices	129
Oranges, raw, Florida	Fruits and Fruit Juices	129
Oranges, raw, all commercial varieties	Fruits and Fruit Juices	129
Kumquats, raw	Fruits and Fruit Juices	129
Tomatoes, red, ripe, raw, year round average	Vegetables	123
Cereals, oats, instant, fortified, with cinnamon and spice, dry	Breakfast Cereals	123
Kiwifruit, green, raw	Fruits and Fruit Juices	122
Boysenberries, frozen, unsweetened	Fruits and Fruit Juices	118
Blackberries, raw	Fruits and Fruit Juices	118
Blackberries, frozen, unsweetened	Fruits and Fruit Juices	118
Orange juice, canned, unsweetened	Fruits and Fruit Juices	115
Orange juice, raw	Fruits and Fruit Juices	115
Kiwifruit, gold, raw	Fruits and Fruit Juices	114
Raspberries, frozen, red, sweetened	Fruits and Fruit Juices	113
Babyfood, juice, orange	Baby Foods	113
Noodles, egg, dry, unenriched	Cereal Grains Pasta	110

<b>Chili with beans, canned</b>	Legumes	107
<b>Taco shells, baked</b>	Baked Products	106
<b>Babyfood, dinner, chicken and rice</b>	Baby Foods	105
<b>Cereals, oats, instant, fortified, with raisins and spice, dry</b>	Breakfast Cereals	104
<b>Lasagna, Vegetable, frozen, baked</b>	Meals Entrees Sides	101
<b>Plantains, yellow, fried, Latino restaurant</b>	Fruits and Fruit Juices	100
<b>Restaurant, Chinese, general tso's chicken</b>	Restaurant Foods	99
<b>Soup, chicken rice, canned, chunky, ready-to-serve</b>	Soups Sauces	96
<b>Soup, beef and vegetables, canned, ready-to-serve</b>	Soups Sauces	95
<b>Tomatoes, red, ripe, cooked</b>	Vegetables	94
<b>Bread, Multi-Grain (includes whole-grain)</b>	Baked Products	94
<b>Pasta with tomato sauce, no meat, canned</b>	Meals Entrees Sides	92
<b>Nuts, hazelnuts or filberts</b>	Nut and Seeds	92
<b>English muffins, wheat</b>	Baked Products	92
<b>Peaches, raw</b>	Fruits and Fruit Juices	91
<b>Raspberries, canned, red, heavy syrup pack, solids and liquids</b>	Fruits and Fruit Juices	91
<b>English muffins, whole-wheat</b>	Baked Products	91
<b>Cranberries, raw</b>	Fruits and Fruit Juices	91
<b>Soup, tomato, canned, condensed</b>	Soups Sauces	90
<b>Papayas, raw</b>	Fruits and Fruit Juices	89
<b>Apricots, raw</b>	Fruits and Fruit Juices	89



# Lycopene

Food Name	Food Group	mcg in 100 grams
Tomatoes, sun-dried	Vegetables	45902
Tomato products, canned, puree, with salt added	Vegetables	21754
Tomato products, canned, puree, without salt added	Vegetables	21754
Soup, tomato rice, canned, condensed	Soups Sauces	17183
Tomato products, canned, sauce	Vegetables	13979
Sauce, tomato chili sauce, bottled, with salt	Soups Sauces	12819
Sauce, pasta, spaghetti/marinara, ready-to-serve	Soups Sauces	12665
Sauce, steak, tomato based	Soups Sauces	12564
Soup, tomato, canned, condensed	Soups Sauces	10920
Tomato juice, canned, without salt added	Vegetables	9037
Tomato juice, canned, with salt added	Vegetables	9037
Ravioli, cheese-filled, canned	Meals Entrees Sides	8625
Pasta with meatballs in tomato sauce, canned entree	Meals Entrees Sides	7199
Rose Hips, wild (Northern Plains Indians)	American Native Foods	6800
Sauce, salsa, ready-to-serve	Soups Sauces	6312
Guavas, common, raw	Fruits and Fruit Juices	5204
Sauce, barbecue	Soups Sauces	4550
Soup, beef noodle, canned, prepared with equal volume water	Soups Sauces	4253
Lasagna with meat sauce, frozen, prepared	Meals Entrees Sides	3592
Salad dressing, russian dressing	Fats and Oils	3576
Ravioli, meat-filled, with tomato sauce or meat sauce, canned	Meals Entrees Sides	3461
Tomatoes, red, ripe, cooked	Vegetables	3041
Pasta with tomato sauce, no meat, canned	Meals Entrees Sides	2678
Salad dressing, bacon and tomato	Fats and Oils	2597
Salad dressing, thousand island, commercial, regular	Fats and Oils	2597
Tomatoes, red, ripe, raw, year round average	Vegetables	2573
Burrito, beef and bean, frozen	Meals Entrees Sides	2533
Sauce, sweet and sour, prepared-from-recipe	Soups Sauces	2032
Papayas, raw	Fruits and Fruit Juices	1828
Grapefruit, raw, pink and red, all areas	Fruits and Fruit Juices	1419
Babyfood, dinner, turkey and rice, junior	Baby Foods	1127
Chili with beans, canned	Legumes	1069
Soup, vegetarian vegetable, canned, prepared with equal volume water	Soups Sauces	965
Soup, tomato vegetable, dry, mix	Soups Sauces	893
Soup, beef and vegetables, canned, ready-to-serve	Soups Sauces	559
Beans, baked, canned, no salt added	Legumes	500
Salad dressing, french dressing, commercial, regular	Fats and Oils	373
Babyfood, dinner, pasta with vegetables	Baby Foods	290
Babyfood, dinner, macaroni and tomato and beef, junior	Baby Foods	250
Soup, black bean, canned, prepared with equal volume water	Soups Sauces	232
Restaurant, Chinese, sweet and sour pork	Restaurant Foods	199
Persimmons, japanese, raw	Fruits and Fruit Juices	159

Restaurant, Chinese, sweet and sour chicken	Restaurant Foods	134
Turkey, heart, all classes, cooked, simmered	Poultry	32
Chicken, liver, all classes, cooked, pan-fried	Poultry	25
Asparagus, canned, drained solids	Vegetables	24
Asparagus, frozen, cooked, boiled, drained, without salt	Vegetables	24
Beef, variety meats and by-products, kidneys, cooked, simmered	Beef Products	23
Chicken, liver, all classes, cooked, simmered	Poultry	21
Restaurant, Chinese, general tso's chicken	Restaurant Foods	20
Cabbage, red, raw	Vegetables	20
Guava nectar, canned	Fruits and Fruit Juices	18
Salad dressing, italian dressing, commercial, regular	Fats and Oils	16
Salad dressing, sesame seed dressing, regular	Fats and Oils	16
Beef sausage, pre-cooked	Sausages Luncheon	15
Soup, vegetable with beef broth, canned, prepared with equal volume water	Soups Sauces	14
Rutabagas, raw	Vegetables	14
Soup, chicken rice, canned, chunky, ready-to-serve	Soups Sauces	13
Chicken, broilers or fryers, giblets, cooked, simmered	Poultry	12
Bologna, chicken, turkey, pork	Sausages Luncheon	11
Bologna, chicken, pork, beef	Sausages Luncheon	11
Bologna, chicken, pork	Sausages Luncheon	11
Bologna, beef	Sausages Luncheon	11
Rutabagas, cooked, boiled, drained, without salt	Vegetables	10
Restaurant, Chinese, shrimp and vegetables	Restaurant Foods	6
Feijoa, raw	Fruits and Fruit Juices	5
Restaurant, Chinese, beef and vegetables	Restaurant Foods	4
Mangos, raw	Fruits and Fruit Juices	3
Taco shells, baked	Baked Products	3
Carrot, dehydrated	Vegetables	3
Potato soup, instant, dry mix	Soups Sauces	2
Carrot juice, canned	Vegetables	2
Pie, Dutch Apple, Commercially Prepared	Baked Products	1
Carrots, frozen, unprepared	Vegetables	1
Babyfood, carrots and beef, strained	Baby Foods	1
Babyfood, carrots, toddler	Baby Foods	1
Carrots, raw	Vegetables	1

# Vitamin A

Food Name	Food Group	IU in 100 grams
Fish oil, cod liver	Fats and Oils	100000
Moose, liver, braised (Alaska Native)	American Native Foods	96000
Peppers, sweet, red, freeze-dried	Vegetables	77261
Veal, variety meats and by-products, liver, cooked, braised	Lamb Veal and Game	70564
Carrot, dehydrated	Vegetables	68466
Chives, freeze-dried	Vegetables	68300
Parsley, freeze-dried	Vegetables	63240
Duck, domesticated, liver, raw	Poultry	39907
Turkey, liver, all classes, cooked, simmered	Poultry	35836
Beef, variety meats and by-products, liver, cooked, braised	Beef Products	31714
Goose, liver, raw	Poultry	30998
Liver sausage, liverwurst, pork	Sausages Luncheon	27667
Grape leaves, raw	Vegetables	27521
Peppers, hot chile, sun-dried	Vegetables	26488
Beef, variety meats and by-products, liver, cooked, pan-fried	Beef Products	26088
Lamb, variety meats and by-products, liver, cooked, braised	Lamb Veal and Game	24945
Sweet potato, frozen, cooked, baked, without salt	Vegetables	20870
Peppers, ancho, dried	Vegetables	20438
Sweet potato, cooked, baked in skin, without salt	Vegetables	19218
Carrot juice, canned	Vegetables	19124
Pork, fresh, variety meats and by-products, liver, cooked, braised	Pork	17997
Carrots, cooked, boiled, drained, without salt	Vegetables	17033
Carrots, frozen, cooked, boiled, drained, without salt	Vegetables	16928
Carrots, raw	Vegetables	16706
Sweet potato, cooked, boiled, without skin	Vegetables	15740
Babyfood, carrots, toddler	Baby Foods	14710
Kale, frozen, cooked, boiled, drained, without salt	Vegetables	14704
Babyfood, carrots and beef, strained	Baby Foods	14452
Chicken, liver, all classes, cooked, pan-fried	Poultry	14378
Carrots, frozen, unprepared	Vegetables	14210
Sweet potato, raw, unprepared	Vegetables	14187
Braunschweiger (a liver sausage), pork	Sausages Luncheon	14051
Carrots, baby, raw	Vegetables	13790
Kale, cooked, boiled, drained, without salt	Vegetables	13621
Chicken, liver, all classes, cooked, simmered	Poultry	13328
Mustard greens, cooked, boiled, drained, without salt	Vegetables	12370
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	Vegetables	12061
Chicken, broilers or fryers, giblets, cooked, fried	Poultry	11929
Turnip greens, raw	Vegetables	11587
Carrots, canned, no salt added, drained solids	Vegetables	11170
Squash, winter, butternut, cooked, baked, without salt	Vegetables	11155
Turnip greens, frozen, cooked, boiled, drained, without salt	Vegetables	10765

Squash, winter, butternut, raw	Vegetables	10630
Spinach, cooked, boiled, drained, without salt	Vegetables	10481
Sweet potato, frozen, unprepared	Vegetables	10367
Dandelion greens, raw	Vegetables	10161
Kale, raw	Vegetables	9990
Peas and carrots, frozen, cooked, boiled, drained, without salt	Vegetables	9514
Spinach, raw	Vegetables	9377
Lettuce, cos or romaine, raw	Vegetables	8710
Pumpkin, raw	Vegetables	8513
Parsley, fresh	Vegetables	8424
Beet greens, cooked, boiled, drained, without salt	Vegetables	7654
Turnip greens, cooked, boiled, drained, without salt	Vegetables	7625
Collards, cooked, boiled, drained, without salt	Vegetables	7600
Drumstick leaves, raw	Vegetables	7564
Lettuce, red leaf, raw	Vegetables	7492
Lettuce, green leaf, raw	Vegetables	7405
Cornsalad, raw	Vegetables	7092
Mustard greens, frozen, cooked, boiled, drained, without salt	Vegetables	7076
Drumstick leaves, cooked, boiled, drained, without salt	Vegetables	7013
Cress, garden, raw	Vegetables	6917
Dandelion greens, cooked, boiled, drained, without salt	Vegetables	6837
Coriander (cilantro) leaves, raw	Vegetables	6748
Babyfood, vegetables, sweet potatoes, junior	Baby Foods	6636
Beet greens, raw	Vegetables	6326
Kale, frozen, unprepared	Vegetables	6253
Turnip greens, frozen, unprepared	Vegetables	6184
Chard, swiss, cooked, boiled, drained, without salt	Vegetables	6124
Chard, swiss, raw	Vegetables	6116
Babyfood, vegetables, garden vegetable, strained	Baby Foods	6067
Chicken, broilers or fryers, giblets, cooked, simmered	Poultry	5869
Pumpkin, cooked, boiled, drained, without salt	Vegetables	5755
Chicory greens, raw	Vegetables	5717
Peppers, sweet, green, freeze-dried	Vegetables	5640
Jute, potherb, raw	Vegetables	5559
Squash, winter, all varieties, cooked, baked, without salt	Vegetables	5223
Jute, potherb, cooked, boiled, drained, without salt	Vegetables	5185
Mustard greens, frozen, unprepared	Vegetables	5155
Collards, raw	Vegetables	5019
Taro leaves, raw	Vegetables	4825
Squash, winter, butternut, frozen, unprepared	Vegetables	4790
Cress, garden, cooked, boiled, drained, without salt	Vegetables	4649
Broccoli raab, cooked	Vegetables	4533
Cabbage, chinese (pak-choi), raw	Vegetables	4468
Babyfood, dinner, beef with vegetables	Baby Foods	4436
Cereals ready-to-eat, chocolate-flavored frosted puffed corn	Breakfast Cereals	4409
Chives, raw	Vegetables	4353
Rose Hips, wild (Northern Plains Indians)	American Native Foods	4345

Vegetables, mixed, frozen, cooked, boiled, drained, without salt	Vegetables	4277
Vegetables, mixed, frozen, cooked, boiled, drained, with salt	Vegetables	4277
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	Vegetables	4249
Taro leaves, cooked, steamed, without salt	Vegetables	4238
Babyfood, vegetables, mix vegetables junior	Baby Foods	4195
Onions, young green, tops only	Vegetables	4000
Fish, eel, mixed species, cooked, dry heat	Finfish and Shellfish	3787
Sweet potato leaves, raw	Vegetables	3778
Fiddlehead ferns, raw	Vegetables	3617
Apricots, dried, sulfured, uncooked	Fruits and Fruit Juices	3604
Fireweed, leaves, raw	Vegetables	3598
Margarine, regular, 80% fat, composite, stick, without salt	Fats and Oils	3577
Margarine, regular, hard, soybean (hydrogenated)	Fats and Oils	3577
Margarine, regular, 80% fat, composite, stick, with salt	Fats and Oils	3571
Celtuce, raw	Vegetables	3500
Pie, pumpkin, commercially prepared	Baked Products	3434
Melons, cantaloupe, raw	Fruits and Fruit Juices	3382
Squash, winter, butternut, frozen, cooked, boiled, without salt	Vegetables	3339
Pate, goose liver, smoked, canned	Sausages Luncheon	3333
Lettuce, butterhead (includes boston and bibb types), raw	Vegetables	3312
Pate, liver, not specified, canned	Sausages Luncheon	3300
Peppers, sweet, red, raw	Vegetables	3131
Butter oil, anhydrous	Dairy and Eggs	3069
Mustard greens, raw	Vegetables	3024
Broccoli, flower clusters, raw	Vegetables	3000
Peppers, sweet, red, cooked, boiled, drained, without salt	Vegetables	2941
Sweet potato leaves, cooked, steamed, without salt	Vegetables	2939
Amaranth leaves, raw	Vegetables	2917
Amaranth leaves, cooked, boiled, drained, without salt	Vegetables	2770
Egg, yolk, dried	Dairy and Eggs	2721
Broccoli raab, raw	Vegetables	2622
Babyfood, dinner, vegetables and chicken, junior	Baby Foods	2612
Oil, walrus (Alaska Native)	American Native Foods	2600
Cereals, oats, instant, fortified, plain, dry	Breakfast Cereals	2574
Chrysanthemum, garland, cooked, boiled, drained, without salt	Vegetables	2572
Fish, tuna, fresh, bluefin, cooked, dry heat	Finfish and Shellfish	2520
Cereals ready-to-eat, bran flakes, single brand	Breakfast Cereals	2500
Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored	Breakfast Cereals	2500
Butter, without salt	Dairy and Eggs	2499
Butter, salted	Dairy and Eggs	2499
Soup, chicken vegetable, chunky, canned, ready-to-serve	Soups Sauces	2496
Babyfood, corn and sweet potatoes, strained	Baby Foods	2496
Babyfood, dinner, mixed vegetable, junior	Baby Foods	2444
Peppers, sweet, red, frozen, chopped, unprepared	Vegetables	2428
Soup, chicken rice, canned, chunky, ready-to-serve	Soups Sauces	2418
Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	Vegetables	2416
Arugula, raw	Vegetables	2373

Chrysanthemum, garland, raw	Vegetables	2320
Oil, beluga, whale (Alaska Native)	American Native Foods	2310
Peaches, dried, sulfured, uncooked	Fruits and Fruit Juices	2163
Peas, green, frozen, cooked, boiled, drained, without salt	Vegetables	2100
Peas, green, frozen, unprepared	Vegetables	2058
Babyfood, fruit and vegetable, apple and sweet potato	Baby Foods	2050
Prune puree	Fruits and Fruit Juices	2000
Celery flakes, dried	Vegetables	1962
Cereals, oats, instant, fortified, with raisins and spice, dry	Breakfast Cereals	1962
Apricots, canned, water pack, with skin, solids and liquids	Fruits and Fruit Juices	1959
Pumpkin flowers, raw	Vegetables	1947
Pumpkin leaves, raw	Vegetables	1942
Apricots, raw	Fruits and Fruit Juices	1926
Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	Vegetables	1917
Soup, beef and vegetables, canned, ready-to-serve	Soups Sauces	1903
Babyfood, dinner, turkey and rice, junior	Baby Foods	1886
Babyfood, juice, orange-carrot	Baby Foods	1880
Chrysanthemum leaves, raw	Vegetables	1870
Purslane, cooked, boiled, drained, without salt	Vegetables	1852
Prunes, dehydrated (low-moisture), uncooked	Fruits and Fruit Juices	1762
Cheese, goat, hard type	Dairy and Eggs	1745
Pumpkin flowers, cooked, boiled, drained, without salt	Vegetables	1734
Balsam-pear (bitter melon), leafy tips, raw	Vegetables	1734
Apricots, frozen, sweetened	Fruits and Fruit Juices	1680
Leeks, (bulb and lower leaf-portion), raw	Vegetables	1667
Sauce, ready-to-serve, pepper, TABASCO	Soups Sauces	1640
Broccoli, chinese, cooked	Vegetables	1638
Persimmons, japanese, raw	Fruits and Fruit Juices	1627
Pumpkin leaves, cooked, boiled, drained, without salt	Vegetables	1600
Soup, tomato vegetable, dry, mix	Soups Sauces	1557
Tamales, masa and pork filling (Hopi)	American Native Foods	1548
Broccoli, cooked, boiled, drained, without salt	Vegetables	1548
Peas, green, canned, regular pack, solids and liquids	Vegetables	1529
Loquats, raw	Fruits and Fruit Juices	1528
Tomatoes, orange, raw	Vegetables	1496
Babyfood, dinner, vegetables and lamb, junior	Baby Foods	1483
Cream, fluid, heavy whipping	Dairy and Eggs	1470
Cereals, oats, instant, fortified, with cinnamon and spice, dry	Breakfast Cereals	1467
Cheese, goat, semisoft type	Dairy and Eggs	1464
Egg, yolk, raw, fresh	Dairy and Eggs	1442
Cereals ready-to-eat, rolled oats, whole wheat, rice, presweetened, maple flavored, with pecans	Breakfast Cereals	1442
Soup, vegetarian vegetable, canned, prepared with equal volume water	Soups Sauces	1421
Peaches, dehydrated (low-moisture), sulfured, uncooked	Fruits and Fruit Juices	1417
Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	Vegetables	1400
Bear, polar, meat, raw (Alaska Native)	American Native Foods	1400
Cowpeas, young pods with seeds, raw	Vegetables	1369
Squash, winter, all varieties, raw	Vegetables	1367

Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	Breakfast Cereals	1364
Cheese, cream	Dairy and Eggs	1343
Egg, yolk, raw, frozen, pasteurized	Dairy and Eggs	1330
Apricots, canned, light syrup pack, with skin, solids and liquids	Fruits and Fruit Juices	1322
Restaurant, Chinese, shrimp and vegetables	Restaurant Foods	1320
Purslane, raw	Vegetables	1320
Plantains, yellow, fried, Latino restaurant	Fruits and Fruit Juices	1318
Apricot nectar, canned, without added ascorbic acid	Fruits and Fruit Juices	1316
Tangerines, (mandarin oranges), canned, juice pack, drained	Fruits and Fruit Juices	1312
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	Vegetables	1311
Restaurant, Chinese, kung pao chicken	Restaurant Foods	1299
Cherries, sour, red, raw	Fruits and Fruit Juices	1283
Apricots, dried, sulfured, stewed, without added sugar	Fruits and Fruit Juices	1275
Passion-fruit, (granadilla), purple, raw	Fruits and Fruit Juices	1272
Restaurant, Chinese, beef and vegetables	Restaurant Foods	1262
Apricots, canned, heavy syrup pack, without skin, solids and liquids	Fruits and Fruit Juices	1240
Apricots, canned, heavy syrup pack, with skin, solids and liquids	Fruits and Fruit Juices	1230
Pickle relish, sweet	Vegetables	1218
Plantains, green, fried	Fruits and Fruit Juices	1192
Peppers, hot chili, green, raw	Vegetables	1179
Babyfood, dinner, chicken and rice	Baby Foods	1170
Grapefruit, raw, pink and red, all areas	Fruits and Fruit Juices	1150
Plantains, raw	Fruits and Fruit Juices	1127
Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	Vegetables	1116
Cabbage, red, raw	Vegetables	1116
Cheese, port de salut	Dairy and Eggs	1092
Nuts, ginkgo nuts, dried	Nut and Seeds	1091
Peas, edible-podded, raw	Vegetables	1087
Mangos, raw	Fruits and Fruit Juices	1082
Cheese, brick	Dairy and Eggs	1080
Peppers, jalapeno, raw	Vegetables	1078
Cranberries, wild, bush, raw (Alaska Native)	American Native Foods	1060
Cheese, caraway	Dairy and Eggs	1054
Peas and onions, frozen, cooked, boiled, drained, without salt	Vegetables	1051
Cheese, roquefort	Dairy and Eggs	1047
Stew, moose (Alaska Native)	American Native Foods	1043
Broccoli, frozen, chopped, unprepared	Vegetables	1034
Cheese, goat, soft type	Dairy and Eggs	1033
Cheese spread, cream cheese base	Dairy and Eggs	1031
Peas, edible-podded, boiled, drained, without salt	Vegetables	1030
Soup, turkey vegetable, canned, prepared with equal volume water	Soups Sauces	1014
Cream, fluid, light whipping	Dairy and Eggs	1013
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	Vegetables	1011
Cheese, cheddar	Dairy and Eggs	1002
Cabbage, savoy, raw	Vegetables	1000
Onions, spring or scallions (includes tops and bulb), raw	Vegetables	997
Cheese, low-sodium, cheddar or colby	Dairy and Eggs	996

<b>Babyfood, dinner, vegetables and noodles and turkey, junior</b>	Baby Foods	994
<b>Cheese, colby</b>	Dairy and Eggs	994
<b>Cheese, cheshire</b>	Dairy and Eggs	985
<b>Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA (formerly ROSS)</b>	Baby Foods	982
<b>Infant formula, ABBOTT NUTRITION, SIMILAC NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)</b>	Baby Foods	973
<b>Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt</b>	Vegetables	967
<b>Peppers, hot chili, red, raw</b>	Vegetables	952
<b>Papayas, raw</b>	Fruits and Fruit Juices	950
<b>Asparagus, frozen, unprepared</b>	Vegetables	948
<b>Passion-fruit juice, yellow, raw</b>	Fruits and Fruit Juices	943
<b>Milk, dry, whole, without added vitamin D</b>	Dairy and Eggs	934
<b>Brussels sprouts, frozen, cooked, boiled, drained, without salt</b>	Vegetables	926
<b>Cheese, fontina</b>	Dairy and Eggs	913
<b>Plantains, cooked</b>	Fruits and Fruit Juices	909
<b>Fish, caviar, black and red, granular</b>	Finfish and Shellfish	905
<b>Cabbage, savoy, cooked, boiled, drained, without salt</b>	Vegetables	889
<b>Cheese, provolone</b>	Dairy and Eggs	880
<b>Fish, sturgeon, mixed species, cooked, dry heat</b>	Finfish and Shellfish	875
<b>Tomatoes, sun-dried</b>	Vegetables	874
<b>Cherries, sour, red, frozen, unsweetened</b>	Fruits and Fruit Juices	870



# Vitamin B1, Thiamin

Food Name	Food Group	mg in 100 grams
Yeast extract spread	Vegetables	23.375
Bacon, meatless	Lamb Veal and Game	4.4
Rice bran, crude	Cereal Grains Pasta	2.753
Seeds, sesame flour, high-fat	Nut and Seeds	2.684
Cereals ready-to-eat, wheat, puffed, fortified	Breakfast Cereals	2.6
Cereals ready-to-eat, rice, puffed, fortified	Breakfast Cereals	2.6
Seeds, sesame flour, partially defatted	Nut and Seeds	2.53
Seeds, sesame flour, low-fat	Nut and Seeds	2.516
Seaweed, spirulina, dried	Vegetables	2.38
Seeds, cottonseed flour, low fat (glandless)	Nut and Seeds	2.089
Cereals ready-to-eat, wheat germ, toasted, plain	Breakfast Cereals	1.67
Seeds, flaxseed	Nut and Seeds	1.644
Seeds, sunflower seed kernels, dried	Nut and Seeds	1.48
Salad dressing, thousand island, commercial, regular	Fats and Oils	1.445
Cereals ready-to-eat, chocolate-flavored frosted puffed corn	Breakfast Cereals	1.323
Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored	Breakfast Cereals	1.25
Cereals ready-to-eat, bran flakes, single brand	Breakfast Cereals	1.25
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	Nut and Seeds	1.22
Seeds, sesame seed kernels, toasted, without salt added (decorticated)	Nut and Seeds	1.205
Seeds, sesame seed kernels, toasted, with salt added (decorticated)	Nut and Seeds	1.205
Peppers, sweet, green, freeze-dried	Vegetables	1.2
Peppers, sweet, red, freeze-dried	Vegetables	1.2
Nuts, macadamia nuts, raw	Nut and Seeds	1.195
Oat bran, raw	Cereal Grains Pasta	1.17
Seeds, safflower seed kernels, dried	Nut and Seeds	1.163
Hyacinth beans, mature seeds, raw	Legumes	1.13
Vegetarian fillets	Legumes	1.1
Fish sticks, meatless	Legumes	1.1
Soy flour, low-fat	Legumes	1.088
Parsley, freeze-dried	Vegetables	1.04
Bread crumbs, dry, grated, plain	Baked Products	0.967
Salami, Italian, pork	Sausages Luncheon	0.93
Cereals ready-to-eat, MUESLI, dried fruit and nuts	Breakfast Cereals	0.91
Beans, black, mature seeds, raw	Legumes	0.9
Chives, freeze-dried	Vegetables	0.9
Beans, black turtle, mature seeds, raw	Legumes	0.9
Soybeans, mature seeds, raw	Legumes	0.874
Lentils, raw	Legumes	0.873
Nuts, pistachio nuts, raw	Nut and Seeds	0.87
Nuts, hickorynuts, dried	Nut and Seeds	0.867
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	Legumes	0.853

Cereals, oats, instant, fortified, with raisins and spice, dry	Breakfast Cereals	0.846
Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	Pork	0.834
Seeds, sesame seeds, whole, roasted and toasted	Nut and Seeds	0.803
Nuts, chestnuts, japanese, dried	Nut and Seeds	0.802
Leeks, (bulb and lower-leaf portion), freeze-dried	Vegetables	0.8
Seeds, sesame seeds, whole, dried	Nut and Seeds	0.791
Beans, pink, mature seeds, raw	Legumes	0.772
Oats	Cereal Grains Pasta	0.763
Seeds, cottonseed kernels, roasted (glandless)	Nut and Seeds	0.75
Cereals, oats, instant, fortified, with cinnamon and spice, dry	Breakfast Cereals	0.748
Beans, cranberry (roman), mature seeds, raw	Legumes	0.747
Beans, small white, mature seeds, raw	Legumes	0.743
Pork, cured, breakfast strips, cooked	Pork	0.737
Cereals ready-to-eat, granola, homemade	Breakfast Cereals	0.735
Cereals ready-to-eat, rolled oats, whole wheat, rice, presweetened, maple flavored, with pecans	Breakfast Cereals	0.72
Nuts, macadamia nuts, dry roasted, with salt added	Nut and Seeds	0.71
Nuts, macadamia nuts, dry roasted, without salt added	Nut and Seeds	0.71
Peanut flour, defatted	Legumes	0.7
Seeds, sesame seed kernels, dried (decorticated)	Nut and Seeds	0.699
Soy flour, defatted	Legumes	0.698
Nuts, pistachio nuts, dry roasted, with salt added	Nut and Seeds	0.695
Nuts, pistachio nuts, dry roasted, without salt added	Nut and Seeds	0.695
Beans, yellow, mature seeds, raw	Legumes	0.69
Pork, cured, ham, whole, separable lean only, roasted	Pork	0.68
Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	Breakfast Cereals	0.68
Cereals ready-to-eat, UNCLE SAM CEREAL	Breakfast Cereals	0.679
Peanuts, spanish, raw	Legumes	0.675
Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	Pork	0.672
Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	Pork	0.663
Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	Pork	0.662
Nuts, pecans	Nut and Seeds	0.66
Peanuts, virginia, raw	Legumes	0.653
Bread, rice bran	Baked Products	0.653
Pigeon peas (red gram), mature seeds, raw	Legumes	0.643
Nuts, hazelnuts or filberts	Nut and Seeds	0.643
Seeds, lotus seeds, dried	Nut and Seeds	0.64
Peanuts, all types, raw	Legumes	0.64
Lupins, mature seeds, raw	Legumes	0.64
Peanuts, valencia, raw	Legumes	0.639
Ham, chopped, not canned	Sausages Luncheon	0.632
Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	Pork	0.628
Ham, sliced, regular (approximately 11% fat)	Sausages Luncheon	0.626
Croutons, plain	Baked Products	0.623
Whey, acid, dried	Dairy and Eggs	0.622
Mung beans, mature seeds, raw	Legumes	0.621

Nuts, brazilnuts, dried, unblanched	Nut and Seeds	0.617
Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	Pork	0.611
Beans, kidney, red, mature seeds, raw	Legumes	0.608
Pork, cured, ham, whole, separable lean and fat, roasted	Pork	0.601
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	Pork	0.6
Crackers, wheat, regular	Baked Products	0.597
Frankfurter, pork	Sausages Luncheon	0.593
Kamut, uncooked	Cereal Grains Pasta	0.591
Game meat, raccoon, cooked, roasted	Lamb Veal and Game	0.59
Soy flour, full-fat, raw	Legumes	0.581
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	Pork	0.581
Noodles, chinese, chow mein	Cereal Grains Pasta	0.578
Rice, white, long-grain, regular, raw, enriched	Cereal Grains Pasta	0.576
Rice, white, short-grain, raw	Cereal Grains Pasta	0.565
Mothbeans, mature seeds, raw	Legumes	0.562
Duck, domesticated, liver, raw	Poultry	0.562
Goose, liver, raw	Poultry	0.562
Crackers, cheese, regular	Baked Products	0.562
Pork, fresh, variety meats and by-products, heart, cooked, braised	Pork	0.555
Broadbeans (fava beans), mature seeds, raw	Legumes	0.555
Beerwurst, beer salami, pork	Sausages Luncheon	0.554
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	Pork	0.549
Crackers, milk	Baked Products	0.538
Bagels, egg	Baked Products	0.536
Beans, french, mature seeds, raw	Legumes	0.535
Carrot, dehydrated	Vegetables	0.534
Beans, kidney, all types, mature seeds, raw	Legumes	0.529
Tomatoes, sun-dried	Vegetables	0.528
Wheat bran, crude	Cereal Grains Pasta	0.523
Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	Pork	0.523
Bologna, pork	Sausages Luncheon	0.523
Croissants, cheese	Baked Products	0.523
Ice cream cones, sugar, rolled-type	Baked Products	0.511
Lentils, pink, raw	Legumes	0.51
Bread, wheat, white wheat	Baked Products	0.51
Lima beans, large, mature seeds, raw	Legumes	0.507
Nuts, mixed nuts, oil roasted, without peanuts, with salt added	Nut and Seeds	0.504
Nuts, mixed nuts, oil roasted, without peanuts, without salt added	Nut and Seeds	0.504
Bread, oat bran	Baked Products	0.504
Wheat flour, whole-grain	Cereal Grains Pasta	0.502
Polish sausage, pork	Sausages Luncheon	0.502
Tofu, dried-frozen (koyadofu)	Legumes	0.494
Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	Pork	0.489
Spaghetti, whole-wheat, dry	Cereal Grains Pasta	0.488
Macaroni, whole-wheat, dry	Cereal Grains Pasta	0.488
Chickpea flour (besan)	Legumes	0.486

Seeds, breadfruit seeds, raw	Nut and Seeds	0.482
Noodles, japanese, soba, dry	Cereal Grains Pasta	0.48
Hazelnuts, beaked (Northern Plains Indians)	American Native Foods	0.48
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	Legumes	0.477
Pork, cured, breakfast strips, raw or unheated	Pork	0.475
Nuts, pecans, oil roasted, without salt added	Nut and Seeds	0.473
Bread, italian	Baked Products	0.473
Bread, wheat	Baked Products	0.471
Babyfood, pretzels	Baby Foods	0.463
Garlic bread, frozen	Baked Products	0.462
Bratwurst, pork, cooked	Sausages Luncheon	0.459
Peanut flour, low fat	Legumes	0.457
Beans, adzuki, mature seeds, raw	Legumes	0.455
Nuts, chestnuts, japanese, roasted	Nut and Seeds	0.45
Nuts, pecans, dry roasted, without salt added	Nut and Seeds	0.45
Ham, sliced, prepackaged (96% fat free, water added)	Sausages Luncheon	0.449
Cereals, oats, instant, fortified, plain, dry	Breakfast Cereals	0.445
Rice flour, brown	Cereal Grains Pasta	0.443
Celery flakes, dried	Vegetables	0.44
Peanuts, all types, dry-roasted, without salt	Legumes	0.438
Bread, egg	Baked Products	0.438
Beans, white, mature seeds, raw	Legumes	0.437
Soybeans, green, raw	Vegetables	0.435
Bread, rye	Baked Products	0.434
Bread, french or vienna (includes sourdough)	Baked Products	0.433
Bread, cheese	Baked Products	0.433
English muffins, wheat	Baked Products	0.431
Nuts, ginkgo nuts, dried	Nut and Seeds	0.43
English muffins, mixed-grain (includes granola)	Baked Products	0.43
Emu, full rump, cooked, broiled	Poultry	0.43
Fish, burbot, cooked, dry heat	Finfish and Shellfish	0.429
Tamarinds, raw	Fruits and Fruit Juices	0.428
Crackers, rye, wafers, plain	Baked Products	0.427
Salami, cooked, turkey	Sausages Luncheon	0.426
Fish, trout, mixed species, cooked, dry heat	Finfish and Shellfish	0.426
Nuts, cashew nuts, raw	Nut and Seeds	0.423
Millet, raw	Cereal Grains Pasta	0.421
Soybeans, mature seeds, sprouted, cooked, stir-fried	Vegetables	0.42
Buckwheat flour, whole-groat	Cereal Grains Pasta	0.417
Triticale	Cereal Grains Pasta	0.416
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	Dairy and Eggs	0.415
Rice, brown, medium-grain, raw	Cereal Grains Pasta	0.413
Millet flour	Cereal Grains Pasta	0.413
Soy flour, full-fat, roasted	Legumes	0.412
English muffins, raisin-cinnamon (includes apple-cinnamon)	Baked Products	0.412
Seeds, breadfruit seeds, roasted	Nut and Seeds	0.41
Emu, inside drums, cooked, broiled	Poultry	0.41

Bread, reduced-calorie, white	Baked Products	0.41
Pork, cured, bacon, cooked, broiled, pan-fried or roasted	Pork	0.404
Bagel, wheat	Baked Products	0.403
Rice, brown, long-grain, raw	Cereal Grains Pasta	0.401
Pigeonpeas, immature seeds, raw	Vegetables	0.4
Cereals, whole wheat hot natural cereal, dry	Breakfast Cereals	0.4
Bread, wheat bran	Baked Products	0.397
Pork, fresh, variety meats and by-products, kidneys, cooked, braised	Pork	0.396
Burrito, beef and bean, frozen	Meals Entrees Sides	0.393
Croissants, butter	Baked Products	0.388
Egg, yolk, dried	Dairy and Eggs	0.387
Cornmeal, whole-grain, white	Cereal Grains Pasta	0.385
Corn, yellow	Cereal Grains Pasta	0.385
Corn, white	Cereal Grains Pasta	0.385
Cornmeal, whole-grain, yellow	Cereal Grains Pasta	0.385
Bratwurst, beef and pork, smoked	Sausages Luncheon	0.38
Triticale flour, whole-grain	Cereal Grains Pasta	0.378
Durian, raw or frozen	Fruits and Fruit Juices	0.374
Beans, kidney, mature seeds, sprouted, raw	Vegetables	0.37
Barley flour or meal	Cereal Grains Pasta	0.37
Bread, wheat germ	Baked Products	0.369
Salami, cooked, beef and pork	Sausages Luncheon	0.367
Bread, reduced-calorie, rye	Baked Products	0.367
Spelt, uncooked	Cereal Grains Pasta	0.364
Nuts, pine nuts, dried	Nut and Seeds	0.364
Nuts, cashew nuts, oil roasted, without salt added	Nut and Seeds	0.363
Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, without salt	Vegetables	0.362
Bread, cracked-wheat	Baked Products	0.358
Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	Nut and Seeds	0.357
Pepperoni, pork, beef	Sausages Luncheon	0.355
Cookies, molasses	Baked Products	0.355
Nuts, chestnuts, european, dried, peeled	Nut and Seeds	0.354
Cowpeas, leafy tips, raw	Vegetables	0.354
Bread, reduced-calorie, oat bran	Baked Products	0.354
Veal, variety meats and by-products, heart, cooked, braised	Lamb Veal and Game	0.35
Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	Vegetables	0.35
Emu, fan fillet, cooked, broiled	Poultry	0.35
Biscuits, plain or buttermilk, dry mix, prepared	Baked Products	0.35
Lamb, variety meats and by-products, kidneys, cooked, braised	Lamb Veal and Game	0.35
Bread, reduced-calorie, wheat	Baked Products	0.35
Pork, cured, bacon, cooked, baked	Pork	0.348
Nuts, chestnuts, japanese, raw	Nut and Seeds	0.344
Nuts, walnuts, english	Nut and Seeds	0.341
Soybeans, mature seeds, sprouted, raw	Vegetables	0.34
Soup, tomato vegetable, dry, mix	Soups Sauces	0.34
Fish, salmon, Atlantic, farmed, cooked, dry heat	Finfish and Shellfish	0.34
Bread, pita, whole-wheat	Baked Products	0.339

<b>Nuts, hazelnuts or filberts, dry roasted, without salt added</b>	Nut and Seeds	0.338
<b>Rye flour, light</b>	Cereal Grains Pasta	0.331
<b>Bagels, oat bran</b>	Baked Products	0.331
<b>Bread, pumpernickel</b>	Baked Products	0.327
<b>Seeds, sunflower seed kernels, oil roasted, without salt</b>	Nut and Seeds	0.32
<b>Seeds, sunflower seed kernels, oil roasted, with salt added</b>	Nut and Seeds	0.32
<b>Emu, ground, cooked, pan-broiled</b>	Poultry	0.318
<b>Peanuts, spanish, oil-roasted, with salt</b>	Legumes	0.317
<b>Pork, fresh, variety meats and by-products, tongue, cooked, braised</b>	Pork	0.317
<b>Peanuts, spanish, oil-roasted, without salt</b>	Legumes	0.317
<b>Soy protein concentrate, produced by acid wash</b>	Legumes	0.316
<b>Rye flour, dark</b>	Cereal Grains Pasta	0.316
<b>Rye</b>	Cereal Grains Pasta	0.316
<b>Nuts, cashew butter, plain, with salt added</b>	Nut and Seeds	0.312
<b>Nuts, cashew butter, plain, without salt added</b>	Nut and Seeds	0.312
<b>Game meat, boar, wild, cooked, roasted</b>	Lamb Veal and Game	0.31
<b>Barley malt flour</b>	Cereal Grains Pasta	0.309
<b>Nuts, beechnuts, dried</b>	Nut and Seeds	0.304
<b>Mollusks, mussel, blue, cooked, moist heat</b>	Finfish and Shellfish	0.3
<b>Shallots, freeze-dried</b>	Vegetables	0.3
<b>Mushrooms, shiitake, dried</b>	Vegetables	0.3
<b>English muffins, whole-wheat</b>	Baked Products	0.3
<b>Peas and onions, frozen, unprepared</b>	Vegetables	0.297
<b>Chicken, liver, all classes, cooked, pan-fried</b>	Poultry	0.292