



Abridged List Ordered by Nutrient Content in Household Measure
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)
Nutrients: **Vitamin K (phylloquinone)** (µg)

Description	Measure	Vitamin K (phylloquinone) (µg) Per Measure
Spinach, canned, regular pack, solids and liquids	1.0 cups	891.1
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cups	851
Turnip greens and turnips, frozen, cooked, boiled, drained,	1.0 cups	676.6
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	529.3
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	425.5
Cress, garden, raw	1.0 cups	270.9
Kale, frozen, unprepared	1.0 cups	223.5
Pokeberry shoots, (poke), cooked, boiled, drained, without	1.0 cups	178.2
Broccoli, frozen, chopped, cooked, boiled, drained, without	1.0 cups	162.1
Noodles, egg, spinach, enriched, cooked	1.0 cups	161.8
Brussels sprouts, raw	1.0 cups	155.8
Beet greens, raw	1.0 cups	152
Spinach, raw	1.0 cups	144.9
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	144
Broccoli, frozen, chopped, unprepared	1.0 cups	126.5
Asparagus, canned, drained solids	1.0 cups	99.9
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	94
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	93.2
Broccoli raab, raw	1.0 cups chopped	89.6
Kale, raw	1.0 cups	81.8
Plantains, yellow, raw	1.0 plantain	77.8
Kiwifruit, green, raw	1.0 cups, sliced	72.5
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	66.4
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	62.6
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	57.8
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	57.8
Endive, raw	0.5 cups, chopped	57.8
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	56.7
Snacks, tortilla chips, low fat, made with olestra, nacho	1.0 oz	54.4
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	52.3
Beans, snap, green, frozen, cooked, boiled, drained without	1.0 cups	51.4
Blueberries, wild, canned, heavy syrup, drained	1.0 cups	47.2

Okra, frozen, unprepared	0.33 package (10 oz)	46.9
Asparagus, cooked, boiled, drained	0.5 cups	45.5
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	44
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	43.9
Blueberries, frozen, sweetened	1.0 cups, thawed	40.7
Beverages, Whey protein powder isolate	3.0 scoop	40
Blackberry juice, canned	1.0 cups	38
Edamame, frozen, unprepared	1.0 cups	37.1
Peas, green, raw	1.0 cups	36
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	33.8
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	33.7
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	33.1
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	32.6
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	31.5
Blackberries, frozen, unsweetened	1.0 cups, unthawed	29.9
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	28.1
Pomegranate juice, bottled	1.0 cups	25.9
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	25.2
Soup, cream of mushroom, canned, condensed	0.5 cups	24.7
Peas, edible-podded, raw	1.0 cups, chopped	24.5
Grapes, canned, thompson seedless, water pack, solids and	1.0 cups	24
Salad dressing, mayonnaise, regular	1.0 tbsp	22.5
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	21.5
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	19.2
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cups	18
Plantains, yellow, baked	1.0 cups	17.9
Spices, thyme, dried	1.0 tsp, leaves	17.1
Carrots, raw	1.0 cups chopped	16.9
Nuts, hazelnuts or filberts	1.0 cups, chopped	16.3
Bread, cheese	1.0 slice	15.6
Vegetable juice cocktail, canned	1.0 cups	15.4
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	15
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	14.3
Grapes, american type (slip skin), raw	1.0 cups	13.4
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	13.2
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	12.9
Cauliflower, green, raw	1.0 cups	12.9

Garlic bread, frozen	1.0 slice presliced	12.7
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	12.6
Currants, red and white, raw	1.0 cups	12.3
Candies, confectioner's coating, peanut butter	1.0 cups chips	12.3
Margarine-like, margarine-butter blend, soybean oil and	1.0 tbsp	12.2
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	12.1
Beans, pink, mature seeds, raw	1.0 cups	12
Loganberries, frozen	1.0 cups, unthawed	11.5
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	11.3
Crackers, standard snack-type, regular	5.0 crackers	11.1
Beans, black, mature seeds, raw	1.0 cups	10.9
Lima beans, immature seeds, cooked, boiled, drained,	1.0 cups	10.5
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	10.4
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	10.3
Oil, canola	1.0 tbsp	10
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	9.9
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	9.4
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	9.2
Tomato products, canned, puree, with salt added	1.0 cups	8.5
Tomato products, canned, puree, without salt added	1.0 cups	8.5
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cups	8.5
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	8.4
Figs, canned, water pack, solids and liquids	1.0 cups	8.2
Oil, olive, salad or cooking	1.0 tablespoon	8.1
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	8
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	8
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	7.8
Sorghum flour, whole-grain	1.0 cups	7.7
Cream puff, eclair, custard or cream filled, iced	4.0 oz	7.6
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	7.6
Apricots, canned, heavy syrup, drained	1.0 cups, halves	7.2
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	7.2
Fast Foods, biscuit, with egg and sausage	1.0 item	7.1
Mangos, raw	1.0 cups pieces	6.9
Cereals ready-to-eat, granola, homemade	1.0 cups	6.5
Fast foods, biscuit, with egg and bacon	1.0 biscuit	6.5

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	6.4
Salad dressing, mayonnaise, imitation, soybean	1.0 tbsp	6.3
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	6.3
Snacks, potato sticks	1.0 oz	6.3
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	6.2
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	6.2
Pears, raw	1.0 cups, slices	6.2
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	6.2
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	6.1
Tomatoes, red, ripe, canned, stewed	1.0 cups	6.1
Beans, black turtle, mature seeds, cooked, boiled, without	1.0 cups	6.1
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	6
Fish, tuna, white, canned in oil, drained solids	3.0 oz	5.9
Apricots, canned, heavy syrup pack, with skin, solids and	1.0 cups, halves	5.7
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	5.6
Tomato juice, canned, with salt added	1.0 cups	5.6
Tomato juice, canned, without salt added	1.0 cups	5.6
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	5.5
Beans, black turtle, mature seeds, canned	1.0 cups	5.5
Seeds, pumpkin and squash seed kernels, roasted, with salt	1.0 cups	5.3
Potatoes, mashed, dehydrated, flakes without milk, dry	1.0 cups	5.2
Sweet potato, canned, syrup pack, drained solids	1.0 cups	5.1
Crackers, wheat, regular	16.0 crackers 1 serving	4.8
Currants, zante, dried	1.0 cups	4.8
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	4.6
Snacks, potato chips, barbecue-flavor	1.0 oz	4.6
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	4.4
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	4.3
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	4.3
Dessert topping, powdered	1.0 oz	4.3
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	4.2
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	4.1
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	4.1
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	4
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	3.9
Cranberry sauce, canned, sweetened	1.0 cups	3.9

Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	3.9
Dessert topping, pressurized	1.0 cups	3.9
Cheese food, pasteurized process, American, vitamin D	1.0 cups	3.8
Cream, fluid, heavy whipping	1.0 cups, whipped	3.8
Snacks, fruit leather, rolls	1.0 large	3.8
Papayas, raw	1.0 cups 1" pieces	3.8
Spices, marjoram, dried	1.0 tsp	3.7
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	3.6
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	3.5
Salad dressing, mayonnaise, soybean and safflower oil,	1.0 tablespoon	3.4
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	3.4
Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	1.0 tablespoon	3.4
Oil, cocoa butter	1.0 tablespoon	3.4
Oat flour, partially debranned	1.0 cups	3.3
Chicken, broilers or fryers, leg, meat and skin, cooked,	3.0 oz	3.3
Cheese, muenster	1.0 cups, diced	3.3
Cheese, mexican, queso chihuahua	1.0 cups, diced	3.3
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	3.3
Barley flour or meal	1.0 cups	3.3
Fast foods, croissant, with egg, cheese, and ham	1.0 item	3.3
Sausage, pork and turkey, pre-cooked	1.0 serving	3.2
Focaccia, Italian flatbread, plain	1.0 piece	3.2
Cream, fluid, light whipping	1.0 cups, whipped	3.2
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	3.2
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	3.1
Cookies, shortbread, commercially prepared, plain	1.0 oz	3.1
Croissants, cheese	1.0 oz	3.1
Cheese, pasteurized process, swiss	1.0 cups, diced	3.1
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	3.1
Figs, raw	1.0 large (2-1/2" dia)	3
Pie, blueberry, commercially prepared	1.0 oz	3
Cheese, provolone	1.0 cups, diced	2.9
Cherries, sweet, raw	1.0 cups, with pits, yields	2.9
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	2.8
Cake, snack cakes, creme-filled, sponge	1.0 oz	2.7
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	2.7
Cheese, feta	1.0 cups, crumbled	2.7
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	2.7
Danish pastry, cinnamon, enriched	1.0 oz	2.7
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	2.6

Snacks, potato chips, fat free, salted	1.0 oz	2.6
Cheese, mozzarella, whole milk	1.0 cups, shredded	2.6
Egg, whole, cooked, fried	1.0 large	2.6
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	2.6
Cheese spread, pasteurized process, American	1.0 cups, diced	2.5
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	2.5
Bread, whole-wheat, commercially prepared	1.0 slice	2.5
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	2.5
Cookies, sugar, commercially prepared, regular (includes	1.0 oz	2.4
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cups, mashed	2.4
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	2.4
Squash, winter, hubbard, cooked, boiled, mashed, without	1.0 cups, mashed	2.4
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	2.3
Garlic, raw	1.0 cups	2.3
Cookies, oatmeal, commercially prepared, regular	1.0 oz	2.3
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	2.3
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	2.2
Arugula, raw	1.0 leaf	2.2
Dessert topping, powdered, 1.5 ounce prepared with 1/2	1.0 cups	2.2
Bread, white wheat	1.0 slice	2.2
Pie, cherry, commercially prepared	1.0 oz	2.2
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	2.1
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.1
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	2.1
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	2.1
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	2
Chocolate, dark, 60-69% cacao solids	1.0 oz	2
Chicken, broilers or fryers, meat and skin, cooked, fried,	3.0 oz	2
Soup, beef noodle, canned, condensed	0.5 cups	2
Spices, curry powder	1.0 tsp	2
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	2
Danish pastry, cheese	1.0 oz	2
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	1.9
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	1.9
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	1.9
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	1.9

Oil, sesame, salad or cooking	1.0 tablespoon	1.8
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	1.8
Cheese, swiss	1.0 cups, diced	1.8
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	1.8
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	1.8
Infant formula, GERBER, GOOD START 2 Soy, with iron,	1.0 fl oz	1.8
Pie, banana cream, prepared from recipe	1.0 oz	1.8
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	1.8
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	1.7
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	1.7
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cups	1.7
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	1.7
Cheese, parmesan, grated	1.0 cups	1.7
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	1.7
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	1.7
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	1.7
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	1.7
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.0 oz	1.7
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	1.7
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	1.7
Passion-fruit, (granadilla), purple, raw	1.0 cups	1.7
Nabisco, Nabisco Ritz Crackers	1.0 cracker	1.6
Cookies, fig bars	1.0 oz	1.6
Fish, tilapia, raw	1.0 fillet	1.6
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	1.6
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	1.6
Infant Formula, GERBER GOOD START 2, GENTLE PLUS,	1.0 fl oz	1.6
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	1.6
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	1.6
Cookies, molasses	1.0 oz	1.6
Cookies, chocolate sandwich, with creme filling, special	1.0 oz	1.5
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	1.5
Radishes, raw	1.0 cups slices	1.5
Potatoes, flesh and skin, raw	0.5 cups, diced	1.5
Frostings, coconut-nut, ready-to-eat	0.08 package	1.5

Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.5 cups (1 NLEA serving)	1.5
Applesauce, canned, sweetened, without salt	1.0 cups	1.5
Lime juice, raw	1.0 cups	1.5
Snacks, corn-based, extruded, onion-flavor	1.0 oz	1.4
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	1.4
Bread, wheat	1.0 slice	1.4
Cookies, vanilla sandwich with creme filling	1.0 oz	1.4
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.4
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	1.4
Cheese, ricotta, whole milk	0.5 cups	1.4
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	1.4
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	1.4
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	1.4
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3.0 oz	1.4
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	1.4
Crackers, standard snack-type, sandwich, with peanut	0.5 oz	1.3
Crackers, cheese, regular	0.5 oz	1.3
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	1.3
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	1.3
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	1.3
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	1.3
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	1.3
Cookies, peanut butter, commercially prepared, regular	1.0 oz	1.2
Cake, cheesecake, commercially prepared	1.0 oz	1.2
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	1.2
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	1.2
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	1.2
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	1.2
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	1.2
Pie, fried pies, fruit	1.0 oz	1.2
Cream, whipped, cream topping, pressurized	1.0 cups	1.1

Cheese substitute, mozzarella	1.0 cups, shredded	1.1
Cookies, peanut butter sandwich, regular	1.0 oz	1.1
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	1.1
Breadfruit, raw	1.0 cups	1.1
Croutons, seasoned	0.5 oz	1.1
Salad dressing, russian dressing, low calorie	1.0 tablespoon	1.1
Cheese, pasteurized process, American, fortified with	1.0 oz	1
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	1
Cake, coffeecake, cinnamon with crumb topping, dry mix,	1.0 oz	1
Fast foods, english muffin, with egg, cheese, and canadian	1.0 sandwich	1
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	1
Potatoes, baked, skin, without salt	1.0 skin	1
Oil, safflower, salad or cooking, linoleic, (over 70%)	1.0 tbsp	1
Bread, white, commercially prepared, toasted	1.0 oz	1
Mountain yam, hawaii, raw	0.5 cups, cubes	1
Beef, ground, 90% lean meat / 10% fat, patty, cooked,	3.0 oz	0.9
Beerwurst, pork and beef	1.0 serving 2 oz	0.9
Cheese, ricotta, part skim milk	0.5 cups	0.9
Soup, cream of chicken, canned, condensed, reduced	0.5 cups	0.9
Pork sausage, link/patty, fully cooked, unheated	1.0 link	0.9
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	0.9
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	0.8
Spices, cinnamon, ground	1.0 tsp	0.8
Eggnog	1.0 cups	0.8
Litchis, raw	1.0 cups	0.8
Oil, sunflower, high oleic (70% and over)	1.0 tbsp	0.8
Cookies, sugar wafers with creme filling, regular	3.0 cookies	0.8
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	0.8
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	0.8
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	0.7
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cups (1 NLEA serving)	0.7
Beerwurst, beer salami, pork and beef	2.0 oz	0.7
Candies, truffles, prepared-from-recipe	1.0 piece	0.7
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	0.7
Cheese, blue	1.0 oz	0.7
Cookies, chocolate wafers	1.0 oz	0.7
Cake, cherry fudge with chocolate frosting	1.0 oz	0.7
Snacks, oriental mix, rice-based	1.0 oz	0.7
Egg, whole, cooked, omelet	1.0 tbsp	0.7
Apples, raw, without skin	1.0 cups slices	0.7
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	0.7

Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	0.6
Onions, raw	1.0 cups, chopped	0.6
Candies, caramels, chocolate-flavor roll	1.0 piece	0.6
Onions, frozen, whole, cooked, boiled, drained, without	1.0 cups	0.6
Cheese, camembert	1.0 oz	0.6
Bologna, meat and poultry	1.0 slice	0.6
Soup, pea, green, canned, condensed	0.5 cups	0.5
Croissants, butter	1.0 oz	0.5
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.5
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	0.5
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	0.5
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	0.5
Beets, canned, regular pack, solids and liquids	1.0 cups	0.5
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	0.5
Cheese, neufchatel	1.0 oz	0.5
Bread, oatmeal, toasted	1.0 oz	0.5
Braunschweiger (a liver sausage), pork	1.0 oz	0.5
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	0.5
Cheese, cottage, creamed, with fruit	4.0 oz	0.5
Chicken, skin (drumsticks and thighs), raw	4.0 oz	0.5
Bacon and beef sticks	1.0 oz	0.4
Sausage, turkey, hot, smoked	2.0 oz	0.4
Onions, sweet, raw	1.0 NLEA serving	0.4
Puddings, chocolate, dry mix, regular, prepared with whole	0.5 cups	0.4
Wheat flour, white, bread, enriched	1.0 cups	0.4
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution	1.0 cups	0.4
Spices, turmeric, ground	1.0 tsp	0.4
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	0.4
Snacks, tortilla chips, ranch-flavor	1.0 oz	0.4
Cream, fluid, half and half	1.0 fl oz	0.4
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	0.4
Onions, frozen, whole, unprepared	0.33 package (10 oz)	0.4
Soup, chicken with rice, canned, condensed	0.5 cups	0.4
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	0.4
Wheat flour, white, all-purpose, unenriched	1.0 cups	0.4
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	0.4
Bread, protein (includes gluten)	1.0 oz	0.4
Cornmeal, whole-grain, white	1.0 cups	0.4
Butter, salted	1.0 pat (1" sq, 1/3" high)	0.3

Bread, rye	1.0 oz	0.3
Bread, oat bran	1.0 oz	0.3
Yogurt, plain, whole milk	1.0 container (6 oz)	0.3
Yogurt, plain, low fat	1.0 container (6 oz)	0.3
Bread, stuffing, dry mix	1.0 oz	0.3
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	0.3
Cheese, cream	1.0 tbsp	0.3
Candies, MOUNDS Candy Bar	1.0 bar snack size	0.3
Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	1.0 cups (1 NLEA serving)	0.3
Fish, herring, Atlantic, pickled	1.0 cups	0.3
Beets, raw	1.0 cups	0.3
Popcorn, sugar syrup/caramel, fat-free	1.0 oz	0.3
Tamarind nectar, canned	1.0 cups	0.3
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	0.2
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cups	0.2
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	0.2
Gravy, beef, canned, ready-to-serve	1.0 cups	0.2
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	0.2
Milk, canned, condensed, sweetened	1.0 fl oz	0.2
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	0.2
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	0.2
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	0.2
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	0.2
Cereals ready-to-eat, POST, Honeycomb Cereal	1.0 cups (1 NLEA serving)	0.2
Onions, dehydrated flakes	1.0 tbsp	0.2
Noodles, egg, dry, unenriched	1.0 cups	0.2
Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.75 cups (1 NLEA serving)	0.2
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	0.2
Cream, sour, cultured	1.0 tbsp	0.2
Puddings, chocolate, ready-to-eat	1.0 oz	0.2
Bread, reduced-calorie, white	1.0 oz	0.2
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	0.2
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	0.2
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	0.2
Egg, whole, cooked, poached	1.0 large	0.1

Mollusks, mussel, blue, raw	1.0 cups	0.1
Egg, whole, raw, fresh	1.0 large	0.1
Whey, sweet, dried	1.0 cups	0.1
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	0.1
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	0.1
Milk, buttermilk, dried	0.25 cups	0.1
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	0.1
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.1
Alcoholic beverage, wine, table, white	1.0 fl oz	0.1
Papaya, canned, heavy syrup, drained	1.0 piece	0.1
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	0.1
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	0.1
Spices, mustard seed, ground	1.0 tsp	0.1
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	0.1
Pasta, dry, unenriched	1.0 cups spaghetti	0.1
Pasta, dry, enriched	1.0 cups spaghetti	0.1
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	0.1
Cream, sour, reduced fat, cultured	1.0 tbsp	0.1
Cracker, meal	1.0 oz	0.1
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	0.1
Fish, haddock, raw	3.0 oz	0.1
Mollusks, octopus, common, raw	3.0 oz	0.1
Fish, swordfish, cooked, dry heat	3.0 oz	0.1
Fish, mackerel, spanish, raw	3.0 oz	0.1
Fish, salmon, pink, canned, drained solids	3.0 oz	0.1
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	0.1
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	0.1
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	0.1
Soup, chicken noodle, dry, mix	1.0 packet	0.1
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	0.1
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	0.1
Milk shakes, thick chocolate	1.0 fl oz	0.1
Cake, sponge, commercially prepared	1.0 oz	0.1
Bread, reduced-calorie, wheat	1.0 oz	0.1
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	0.1
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	0.1