

# Foods highest in

# Cholesterol

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

**300 mg**

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Whole duck egg	159%	83	1.9	54	Dove, Squab	18%	114	1.6	46
Egg yolk	128%	38	1.1	31	Flounder	18%	386	3.9	110
Chicken, liver	99%	983	3.0	86	Cod fish	17%	343	3.4	95
Egg, whole	99%	123	2.5	70	Turkey, light meat	17%	317	3.1	87
Hard-boiled egg	91%	98	2.3	65	Tilefish	17%	396	3.7	104
Chicken gizzards	85%	100	3.8	106	Chicken, light meat	17%	315	3.1	88
Veal liver	80%	2093	2.5	71	Mackerel, canned	17%	458	2.3	64
Pork liver	75%	1241	2.6	75	Ham	17%	297	2.6	74
Beef liver	68%	1808	2.6	74	Turkey leg, meat and skin	16%	224	2.4	69
Chicken liver, canned	65%	261	1.8	50	Cured Ham	16%	-5	3.3	94
Farm-raised crayfish	50%	383	4.9	139	Bluefish	16%	421	2.8	81
Shrimp	48%	382	3.3	94	Frankfurter, turkey	16%	71	1.6	44
Lobster	35%	417	3.9	111	Beef tip round, lean, choice	15%	295	2.7	77
Perch	33%	380	3.9	110	Trout	15%	370	2.4	67
Crab	30%	590	4.1	115	Ling	15%	361	4.1	115
Dolphinfish	29%	377	4.1	118	Clams	15%	1591	4.8	135
Herring oil	28%	141	0.4	11	Anchovies	15%	450	2.7	76
Striped bass	27%	436	3.6	103	Northern pike	15%	365	4.0	114
Orange roughy	26%	380	4.6	132	Eggnog	15%	38	2.6	74
Sardine oil	26%	298	0.4	11	Lean pork	14%	291	2.5	70
Oysters	26%	2266	5.2	147	French vanilla ice cream	14%	10	1.6	45
Pollock	26%	441	3.8	109	Beef round, 1/4" fat	14%	242	1.8	52
Whiting	24%	377	3.0	86	Grouper	13%	360	3.8	109
Wild rabbit	24%	236	3.1	88	Canadian bacon	13%	-8	2.9	82
Deer meat	24%	364	2.9	83	Hot dogs, fat free	13%	8	4.8	137
Catfish	23%	316	3.4	95	Pink salmon, canned	13%	548	2.5	72
Haddock	22%	365	3.1	89	Frankfurter, chicken	13%	55	1.4	39
Egg biscuit	22%	59	1.3	36	Salmon	13%	452	1.9	55
Chicken, dark meat	21%	249	2.8	80	Pork chops, lean boneless	13%	288	2.5	71
Cod liver oil	21%	748	0.4	11	Lean beef, chuck	13%	278	2.5	72
Menhaden oil	19%	345	0.4	11	Shad	13%	327	1.8	51
Turkey, dark meat	18%	270	2.8	80	Scallops	13%	316	4.0	114
Salmon oil	18%	459	0.4	11	Rich vanilla ice cream	12%	3	1.4	40

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Quail	12%	101	1.5	43	Vanilla ice cream	7%	13	1.8	50
Beef, round, lean	12%	218	1.5	44	Evaporated milk	7%	83	2.6	75
Pheasant	12%	73	1.4	40	Yogurt, plain, whole milk	7%	104	5.8	164
Top loin pork roast	12%	207	1.6	44	Blue cheese	7%	78	1.0	28
Atlantic mackerel	11%	450	1.7	49	Chicken noodle soup	7%	126	6.7	189
Feta cheese	11%	85	1.3	38	Sour cream	7%	16	1.6	47
Sour cream, reduced fat	11%	-15	2.3	66	Parmesan cheese, grated	7%	118	0.8	23
Monkfish	11%	334	4.6	132	Bologna, beef	7%	12	1.1	32
Mussels	11%	777	4.1	116	Human milk	7%	29	5.0	143
Swordfish	11%	388	2.9	83	Provolone cheese	7%	100	1.0	28
Beef, top sirloin lean	11%	289	2.7	76	Chicken noodle soup mix	7%	57	0.9	27
Gouda cheese	11%	97	1.0	28	Bacon, cooked	7%	95	0.6	18
Beef, ground,15% fat	11%	138	1.6	47	Corned beef hash	7%	64	2.2	61
Cream cheese	11%	10	1.0	29	Link sausage, smoked	6%	82	0.9	26
Turkey wings	10%	143	1.7	48	Pork skins	6%	66	0.6	18
Butter	10%	-19	0.5	14	Parmesan cheese	6%	124	0.9	26
Brie cheese	10%	81	1.1	30	Frankfurter beef	6%	51	1.1	31
Ricotta cheese	10%	94	2.0	57	Whole milk 3.25% fat	6%	123	5.9	167
Halibut	10%	389	3.2	91	Italian pork sausage	6%	79	1.0	29
Half and half	9%	36	2.7	77	Milk 2% with vitamin A	5%	162	7.1	200
Limburger cheese	9%	91	1.1	31	Goat milk	5%	97	5.1	145
Romano cheese	9%	108	0.9	26	Chicken rice soup w/veg	5%	-6	9.0	256
Fresh tuna	9%	509	1.9	54					
Cheese Spread, Velveeta	9%	-12	1.2	33					
Muenster cheese	9%	84	1.0	27					
Cheddar cheese	9%	80	0.9	25					
Tuna, canned in water	9%	473	3.0	86					
Mozzarella cheese, skim	8%	136	1.4	39					
American cheese	8%	64	0.9	27					
Sheep milk	8%	110	3.3	93					
Frankfurter, pork	8%	99	1.3	37					
Roquefort cheese	8%	71	1.0	27					
Swiss cheese	8%	125	0.9	26					
Colby cheese	8%	79	0.9	25					
Monterey cheese	8%	87	0.9	27					
Goat cheese	8%	93	0.8	22					
Spam	8%	-9	1.1	32					
Ricotta cheese, skim	7%	139	2.6	72					