

Foods highest in

Cystine

"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

4.355 g

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>
Egg white	13%	327	6.8	192					
Sprouted lentils, cooked	7%	222	3.5	99					
Sprouted lentils	7%	231	3.3	94					
Soy protein isolate	7%	331	1.0	30					
Pork liver	7%	1241	2.6	75					
Beef liver	6%	1808	2.6	74					
Milk 1% with vitamin A	6%	206	8.4	238					
Veal liver	6%	2093	2.5	71					
Seaweed, spirulina	6%	596	13.6	385					
Chicken, light meat	6%	315	3.1	88					
Scallops	6%	316	4.0	114					
Wild rabbit	6%	236	3.1	88					
Tuna, canned in water	5%	473	3.0	86					
Chicken, liver	5%	983	3.0	86					
Ling	5%	361	4.1	115					
Lobster	5%	417	3.9	111					
Oat bran	5%	330	1.4	41					
Northern pike	5%	365	4.0	114					
Cod fish	5%	343	3.4	95					
Dolphinfish	5%	377	4.1	118					
Crab	5%	590	4.1	115					
Haddock	5%	365	3.1	89					
Farm-raised crayfish	5%	383	4.9	139					
Orange roughy	5%	380	4.6	132					
Perch	5%	380	3.9	110					
Seaweed, kelp	5%	429	8.2	233					
Clams	5%	1591	4.8	135					
Pollock	5%	441	3.8	109					
Grouper	5%	360	3.8	109					
Flounder	5%	386	3.9	110					