

Foods highest in

Histidine*

"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

3.136 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> |
|------------------------------|-------------|--------------|-----------|------------|-------------------------------|-------------|--------------|-----------|------------|
| Deer meat | 30% | 364 | 2.9 | 83 | Swordfish | 15% | 388 | 2.9 | 83 |
| Soy protein isolate | 22% | 331 | 1.0 | 30 | Fresh tuna | 15% | 509 | 1.9 | 54 |
| Tuna, canned in water | 21% | 473 | 3.0 | 86 | Bluefish | 15% | 421 | 2.8 | 81 |
| Northern pike | 21% | 365 | 4.0 | 114 | Beef liver | 15% | 1808 | 2.6 | 74 |
| Ling | 20% | 361 | 4.1 | 115 | Beef, round, lean | 15% | 218 | 1.5 | 44 |
| Dolphinfish | 20% | 377 | 4.1 | 118 | Anchovies | 15% | 450 | 2.7 | 76 |
| Cod fish | 20% | 343 | 3.4 | 95 | Trout | 14% | 370 | 2.4 | 67 |
| Turkey, light meat | 20% | 317 | 3.1 | 87 | Veal liver | 14% | 2093 | 2.5 | 71 |
| Haddock | 20% | 365 | 3.1 | 89 | Orange roughy | 14% | 380 | 4.6 | 132 |
| Chicken, light meat | 20% | 315 | 3.1 | 88 | Mackerel, canned | 14% | 458 | 2.3 | 64 |
| Perch | 20% | 380 | 3.9 | 110 | Chicken, liver | 14% | 983 | 3.0 | 86 |
| Pollock | 20% | 441 | 3.8 | 109 | Pork liver | 14% | 1241 | 2.6 | 75 |
| Grouper | 20% | 360 | 3.8 | 109 | Tuna, canned in oil | 14% | 279 | 1.8 | 51 |
| Pork chops, lean boneless | 20% | 288 | 2.5 | 71 | Seaweed, spirulina | 14% | 596 | 13.6 | 385 |
| Flounder | 19% | 386 | 3.9 | 110 | Lobster | 14% | 417 | 3.9 | 111 |
| Ham | 19% | 297 | 2.6 | 74 | Crab | 13% | 590 | 4.1 | 115 |
| Lean pork | 19% | 291 | 2.5 | 70 | Farm-raised crayfish | 13% | 383 | 4.9 | 139 |
| Whiting | 19% | 377 | 3.0 | 86 | Pink salmon, canned | 13% | 548 | 2.5 | 72 |
| Cottage cheese, 1% fat | 18% | 227 | 4.9 | 139 | Turkey leg, meat and skin | 13% | 224 | 2.4 | 69 |
| Monkfish | 18% | 334 | 4.6 | 132 | Salmon | 13% | 452 | 1.9 | 55 |
| Egg white | 18% | 327 | 6.8 | 192 | Sprouted kidney beans, cooked | 13% | 545 | 10.7 | 303 |
| Halibut | 18% | 389 | 3.2 | 91 | Sprouted kidney beans | 13% | 610 | 12.2 | 345 |
| Beef tip round, lean, choice | 18% | 295 | 2.7 | 77 | Shrimp | 12% | 382 | 3.3 | 94 |
| Beef, top sirloin lean | 17% | 289 | 2.7 | 76 | Scallops | 12% | 316 | 4.0 | 114 |
| Striped bass | 17% | 436 | 3.6 | 103 | Watercress | 12% | 2843 | 32.1 | 909 |
| Tilefish | 17% | 396 | 3.7 | 104 | Mozzarella cheese, skim | 11% | 136 | 1.4 | 39 |
| Wild rabbit | 17% | 236 | 3.1 | 88 | Parmesan cheese | 11% | 124 | 0.9 | 26 |
| Catfish | 17% | 316 | 3.4 | 95 | Ricotta cheese, skim | 11% | 139 | 2.6 | 72 |
| Top loin pork roast | 16% | 207 | 1.6 | 44 | Clams | 11% | 1591 | 4.8 | 135 |
| Lean beef, chuck | 16% | 278 | 2.5 | 72 | Tofu, firm | 10% | 277 | 5.0 | 143 |
| Turkey, dark meat | 16% | 270 | 2.8 | 80 | Romano cheese | 10% | 108 | 0.9 | 26 |
| Chicken, dark meat | 16% | 249 | 2.8 | 80 | Provolone cheese | 10% | 100 | 1.0 | 28 |
| Beef round, 1/4" fat | 16% | 242 | 1.8 | 52 | Tofu, extra firm | 10% | 261 | 3.9 | 110 |

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|------------------------------|-------------|--------------|-----------|------------|----------------------------|-------------|--------------|-----------|------------|
| Broccoli raab | 10% | 1267 | 16.0 | 455 | Sprouted peas, cooked | 7% | 160 | 3.6 | 102 |
| Gouda cheese | 9% | 97 | 1.0 | 28 | Cheddar cheese | 7% | 80 | 0.9 | 25 |
| Sprouted soybeans | 9% | 271 | 2.9 | 82 | Egg, whole | 7% | 123 | 2.5 | 70 |
| Beef, ground,15% fat | 9% | 138 | 1.6 | 47 | Blue cheese | 7% | 78 | 1.0 | 28 |
| Swiss cheese | 9% | 125 | 0.9 | 26 | Brie cheese | 7% | 81 | 1.1 | 30 |
| Spinach | 9% | 2601 | 15.3 | 435 | Toasted wheat germ | 7% | 521 | 0.9 | 26 |
| Sprouted soybeans, cooked | 9% | 296 | 4.4 | 123 | Colby cheese | 7% | 79 | 0.9 | 25 |
| Turkey wings | 9% | 143 | 1.7 | 48 | Lima beans | 7% | 252 | 3.1 | 88 |
| Non-fat dry milk w vit A | 9% | 218 | 1.0 | 28 | Tofu | 7% | 98 | 3.0 | 86 |
| Lambsquartars, raw | 9% | 1219 | 8.2 | 233 | Mung beans | 6% | 218 | 1.0 | 29 |
| Atlantic mackerel | 9% | 450 | 1.7 | 49 | Coffee, brewed | 6% | 1132 | 352.7 | 10000 |
| Mussels | 8% | 777 | 4.1 | 116 | Oyster mushrooms | 6% | 429 | 10.1 | 286 |
| Ricotta cheese | 8% | 94 | 2.0 | 57 | Chinese cabbage (bok choy) | 6% | 1749 | 27.1 | 769 |
| Fortified skim milk | 8% | 263 | 8.6 | 244 | Milk 1% with vitamin A | 6% | 206 | 8.4 | 238 |
| White mushrooms | 8% | 629 | 16.0 | 455 | Wheat bran, crude | 6% | 677 | 1.6 | 46 |
| Sprouted navy beans | 8% | 360 | 5.3 | 149 | Oysters | 6% | 2266 | 5.2 | 147 |
| Sprouted navy beans, cooked | 8% | 320 | 4.5 | 128 | Kidney beans | 6% | 217 | 1.1 | 30 |
| Yogurt, fat free | 8% | 213 | 6.3 | 179 | Asparagus | 6% | 586 | 14.1 | 400 |
| Parmesan cheese, grated | 8% | 118 | 0.8 | 23 | Fava beans | 6% | 218 | 1.0 | 29 |
| Shad | 8% | 327 | 1.8 | 51 | Hard-boiled egg | 6% | 98 | 2.3 | 65 |
| Chicken Broth 1% fat | 8% | 17 | 88.2 | 2500 | Cranberry beans | 6% | 224 | 1.1 | 30 |
| Sprouted lentils, cooked | 8% | 222 | 3.5 | 99 | Chives | 6% | 1205 | 11.8 | 333 |
| Sprouted mung beans, cooked | 8% | 397 | 16.8 | 476 | Swiss chard | 6% | 2849 | 18.6 | 526 |
| Swamp cabbage | 8% | 1506 | 18.6 | 526 | Basil | 6% | 1751 | 13.1 | 370 |
| Spinach, canned | 8% | 1280 | 18.6 | 526 | Mustard greens | 6% | 2403 | 13.6 | 385 |
| Bacon, cooked | 8% | 95 | 0.6 | 18 | Tofu, fried | 6% | 155 | 1.3 | 37 |
| Sprouted lentils | 8% | 231 | 3.3 | 94 | Goat cheese | 6% | 93 | 0.8 | 22 |
| Tempeh | 8% | 186 | 1.8 | 52 | Yellow mustard | 6% | 298 | 5.3 | 149 |
| American cheese | 8% | 64 | 0.9 | 27 | Link sausage, smoked | 6% | 82 | 0.9 | 26 |
| Frankfurter, turkey | 8% | 71 | 1.6 | 44 | Great northern beans | 6% | 218 | 1.0 | 29 |
| Sprouted pinto beans | 8% | 334 | 5.7 | 161 | Wheat germ, crude | 6% | 416 | 1.0 | 28 |
| Soybeans, green | 8% | 239 | 2.4 | 68 | Broccoli stalks | 6% | 764 | 12.6 | 357 |
| Soybeans | 8% | 264 | 0.8 | 24 | Yellow beans | 6% | 211 | 1.0 | 29 |
| Sprouted pinto beans, cooked | 8% | 299 | 16.0 | 455 | New England clam chowder | 6% | 276 | 5.0 | 143 |
| Sprouted mung beans | 7% | 395 | 11.8 | 333 | Limburger cheese | 6% | 91 | 1.1 | 31 |
| Monterey cheese | 7% | 87 | 0.9 | 27 | Brussels sprouts | 6% | 692 | 8.2 | 233 |
| Muenster cheese | 7% | 84 | 1.0 | 27 | Black beans | 6% | 198 | 1.0 | 29 |
| Lentils | 7% | 229 | 1.0 | 28 | Pumpkin/squash seeds | 6% | 187 | 0.7 | 19 |

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|-----------------------|-------------|--------------|-----------|------------|
| Split peas | 6% | 192 | 1.0 | 29 |
| White beans | 6% | 214 | 1.0 | 30 |
| Frankfurter, pork | 6% | 99 | 1.3 | 37 |
| Broccoli | 6% | 748 | 10.4 | 294 |
| Whole duck egg | 6% | 83 | 1.9 | 54 |
| Chicken liver, canned | 6% | 261 | 1.8 | 50 |
| Pink beans | 5% | 206 | 1.0 | 29 |
| Parsley | 5% | 2925 | 9.8 | 278 |
| Italian pork sausage | 5% | 79 | 1.0 | 29 |
| Oat bran | 5% | 330 | 1.4 | 41 |
| Portabella mushrooms | 5% | 593 | 13.6 | 385 |
| Caraway seeds | 5% | 254 | 1.1 | 30 |
| Dill weed | 5% | 1166 | 8.2 | 233 |
| Roquefort cheese | 5% | 71 | 1.0 | 27 |
| Zucchini | 5% | 553 | 22.0 | 625 |
| Mustard seed | 5% | 222 | 0.8 | 21 |
| Pinto beans | 5% | 206 | 1.0 | 29 |
| Cauliflower | 5% | 566 | 14.1 | 400 |
| Adzuki beans | 5% | 216 | 1.1 | 30 |

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