

Foods highest in

Isoleucine*

"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>
Seaweed, spirulina	29%	596	13.6	385	Swiss chard	18%	2849	18.6	526
Egg white	29%	327	6.8	192	Beef, top sirloin lean	18%	289	2.7	76
Soy protein isolate	29%	331	1.0	30	Deer meat	17%	364	2.9	83
Chicken, light meat	25%	315	3.1	88	Swordfish	17%	388	2.9	83
Turkey, light meat	24%	317	3.1	87	Clams	17%	1591	4.8	135
Tuna, canned in water	23%	473	3.0	86	Fresh tuna	17%	509	1.9	54
Lobster	23%	417	3.9	111	Bluefish	17%	421	2.8	81
Cottage cheese, 1% fat	23%	227	4.9	139	Beef tip round, lean, choice	17%	295	2.7	77
Orange roughy	23%	380	4.6	132	Pork chops, lean boneless	17%	288	2.5	71
Northern pike	23%	365	4.0	114	Lean beef, chuck	17%	278	2.5	72
Ling	23%	361	4.1	115	Beef liver	16%	1808	2.6	74
Crab	23%	590	4.1	115	Anchovies	16%	450	2.7	76
Dolphinfish	23%	377	4.1	118	Ham	16%	297	2.6	74
Cod fish	23%	343	3.4	95	Trout	16%	370	2.4	67
Haddock	23%	365	3.1	89	Lean pork	16%	291	2.5	70
Farm-raised crayfish	23%	383	4.9	139	Chicken, liver	16%	983	3.0	86
Perch	23%	380	3.9	110	Beef round, 1/4" fat	16%	242	1.8	52
Pollock	22%	441	3.8	109	Turkey leg, meat and skin	16%	224	2.4	69
Grouper	22%	360	3.8	109	Veal liver	16%	2093	2.5	71
Flounder	22%	386	3.9	110	Mackerel, canned	16%	458	2.3	64
Whiting	21%	377	3.0	86	Tuna, canned in oil	16%	279	1.8	51
Shrimp	21%	382	3.3	94	Pink salmon, canned	15%	548	2.5	72
Wild rabbit	21%	236	3.1	88	Chinese cabbage (bok choy)	15%	1749	27.1	769
Monkfish	20%	334	4.6	132	Sprouted kidney beans, cooked	15%	545	10.7	303
Halibut	20%	389	3.2	91	Salmon	15%	452	1.9	55
Chicken, dark meat	19%	249	2.8	80	Sprouted kidney beans	15%	610	12.2	345
Watercress	19%	2843	32.1	909	Spinach	15%	2601	15.3	435
Striped bass	19%	436	3.6	103	Tofu, firm	15%	277	5.0	143
Tilefish	19%	396	3.7	104	Sprouted alfalfa seeds	14%	496	15.3	435
Turkey, dark meat	19%	270	2.8	80	Beef, round, lean	14%	218	1.5	44
Scallops	19%	316	4.0	114	Non-fat dry milk w vit A	14%	218	1.0	28
Catfish	19%	316	3.4	95	Mussels	14%	777	4.1	116
Pork liver	19%	1241	2.6	75	Top loin pork roast	14%	207	1.6	44

<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>
Lambquarters, raw	14%	1219	8.2	233	Basil	9%	1751	13.1	370
Fortified skim milk	13%	263	8.6	244	Cheddar cheese	9%	80	0.9	25
Spinach, canned	13%	1280	18.6	526	Podded peas	9%	492	8.4	238
Green leaf lettuce	13%	1957	23.5	667	Beef, ground,15% fat	9%	138	1.6	47
Yogurt, fat free	13%	213	6.3	179	Mustard greens	9%	2403	13.6	385
Swamp cabbage	13%	1506	18.6	526	Sprouted pinto beans	9%	334	5.7	161
Tofu, extra firm	12%	261	3.9	110	Colby cheese	9%	79	0.9	25
Parmesan cheese	11%	124	0.9	26	Limburger cheese	9%	91	1.1	31
Sprouted soybeans	11%	271	2.9	82	Sprouted pinto beans, cooked	9%	299	16.0	455
Broccoli raab	11%	1267	16.0	455	Gouda cheese	8%	97	1.0	28
Egg, whole	11%	123	2.5	70	Milk 2% with vitamin A	8%	162	7.1	200
Sprouted mung beans, cooked	11%	397	16.8	476	Chicken liver, canned	8%	261	1.8	50
Chives	11%	1205	11.8	333	Tofu	8%	98	3.0	86
Sprouted soybeans, cooked	11%	296	4.4	123	White mushrooms	8%	629	16.0	455
Turkey wings	11%	143	1.7	48	Lentils	8%	229	1.0	28
Mozzarella cheese, skim	11%	136	1.4	39	Ricotta cheese	8%	94	2.0	57
Parmesan cheese, grated	10%	118	0.8	23	Collards	8%	1611	11.8	333
Tempeh	10%	186	1.8	52	Roquefort cheese	8%	71	1.0	27
Dill weed	10%	1166	8.2	233	Parsley	8%	2925	9.8	278
Oysters	10%	2266	5.2	147	Bamboo shoots	7%	393	13.1	370
Milk 1% with vitamin A	10%	206	8.4	238	Pumpkin/squash seeds	7%	187	0.7	19
Hard-boiled egg	10%	98	2.3	65	Whole duck egg	7%	83	1.9	54
Sprouted mung beans	10%	395	11.8	333	Oyster mushrooms	7%	429	10.1	286
Chicory greens	10%	1726	15.3	435	Blue cheese	7%	78	1.0	28
Romano cheese	10%	108	0.9	26	Sprouted lentils, cooked	7%	222	3.5	99
Ricotta cheese, skim	10%	139	2.6	72	Tofu, fried	7%	155	1.3	37
Soybeans	10%	264	0.8	24	Sheep milk	7%	110	3.3	93
Endive	10%	1482	20.7	588	Kidney beans	7%	217	1.1	30
Atlantic mackerel	10%	450	1.7	49	Muenster cheese	7%	84	1.0	27
Sprouted navy beans	9%	360	5.3	149	Provolone cheese	7%	100	1.0	28
Monterey cheese	9%	87	0.9	27	Yogurt, plain, whole milk	7%	104	5.8	164
Swiss cheese	9%	125	0.9	26	Fava beans	7%	218	1.0	29
Sprouted navy beans, cooked	9%	320	4.5	128	Sprouted lentils	7%	231	3.3	94
Shad	9%	327	1.8	51	Evaporated milk	7%	83	2.6	75
Kale	9%	1747	7.1	200	Brussels sprouts	7%	692	8.2	233
Lima beans	9%	252	3.1	88	Spearmint, fresh	7%	838	8.0	227
Broccoli stalks	9%	764	12.6	357	Bacon, cooked	7%	95	0.6	18
Soybeans, green	9%	239	2.4	68	Feta cheese	7%	85	1.3	38

<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>
Brie cheese	7%	81	1.1	30	Frankfurter, turkey	5%	71	1.6	44
Cranberry beans	7%	224	1.1	30	Red leaf lettuce	5%	1603	22.0	625
Asparagus	7%	586	14.1	400	Gourd	5%	300	25.2	714
Cauliflower	7%	566	14.1	400	New England clam chowder	5%	276	5.0	143
Goat milk	7%	97	5.1	145	Wheat germ, crude	5%	416	1.0	28
Split peas	7%	192	1.0	29	Dried basil	5%	866	1.4	40
Purslane	7%	855	22.0	625	Broccoli	5%	748	10.4	294
Mung beans	7%	218	1.0	29	Mustard seed	5%	222	0.8	21
Kohlrabi	7%	510	13.1	370	Lotus seeds, dried	5%	156	1.1	30
Soy milk	7%	274	6.8	192	Lotus seeds raw	5%	156	4.0	112
Spearmint, dried	7%	762	1.2	35	Chickpeas (garbanzo)	5%	194	1.0	27
Great northern beans	7%	218	1.0	29	Sprouted peas, cooked	5%	160	3.6	102
Thyme, fresh	6%	695	3.5	99	Yellow mustard	5%	298	5.3	149
Yellow beans	6%	211	1.0	29	Wheat bran, crude	5%	677	1.6	46
Navy beans	6%	218	1.0	29	Okra	5%	671	11.4	323
Black beans	6%	198	1.0	29	Pork and beans, canned	5%	120	2.7	78
Goat cheese	6%	93	0.8	22	Peppermint, fresh	5%	556	5.0	143
Toasted wheat germ	6%	521	0.9	26	Hot cocoa, homemade	5%	107	4.6	130
White beans	6%	214	1.0	30					
Whole milk 3.25% fat	6%	123	5.9	167					
Zucchini	6%	553	22.0	625					
American cheese	6%	64	0.9	27					
Oat bran	6%	330	1.4	41					
Pink beans	6%	206	1.0	29					
Egg yolk	6%	38	1.1	31					
Romaine lettuce	6%	1566	20.7	588					
Summer squash	6%	546	22.0	625					
Miso	6%	54	1.8	50					
Pork skins	6%	66	0.6	18					
Dill seed	6%	250	1.2	33					
Pinto beans	6%	206	1.0	29					
Caraway seeds	6%	254	1.1	30					
Link sausage, smoked	6%	82	0.9	26					
Turnip greens	6%	1791	11.0	313					
Gelatin desserts, dry mix	6%	108	1.0	29					
Watermelon seeds, dried	6%	120	0.6	18					
Peas	6%	285	4.4	123					
Adzuki beans	6%	216	1.1	30					