

Foods highest in

Leucine*

"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

9.582 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> |
|------------------------|-------------|--------------|-----------|------------|-------------------------------|-------------|--------------|-----------|------------|
| Soy protein isolate | 21% | 331 | 1.0 | 30 | Scallops | 14% | 316 | 4.0 | 114 |
| Seaweed, spirulina | 20% | 596 | 13.6 | 385 | Beef, top sirloin lean | 14% | 289 | 2.7 | 76 |
| Egg white | 20% | 327 | 6.8 | 192 | Swordfish | 14% | 388 | 2.9 | 83 |
| Tuna, canned in water | 19% | 473 | 3.0 | 86 | Fresh tuna | 14% | 509 | 1.9 | 54 |
| Northern pike | 19% | 365 | 4.0 | 114 | Bluefish | 14% | 421 | 2.8 | 81 |
| Ling | 19% | 361 | 4.1 | 115 | Chicken, liver | 14% | 983 | 3.0 | 86 |
| Cottage cheese, 1% fat | 18% | 227 | 4.9 | 139 | Beef tip round, lean, choice | 13% | 295 | 2.7 | 77 |
| Dolphinfish | 18% | 377 | 4.1 | 118 | Turkey, dark meat | 13% | 270 | 2.8 | 80 |
| Cod fish | 18% | 343 | 3.4 | 95 | Anchovies | 13% | 450 | 2.7 | 76 |
| Haddock | 18% | 365 | 3.1 | 89 | Lean beef, chuck | 13% | 278 | 2.5 | 72 |
| Perch | 18% | 380 | 3.9 | 110 | Trout | 13% | 370 | 2.4 | 67 |
| Pollock | 18% | 441 | 3.8 | 109 | Pork chops, lean boneless | 13% | 288 | 2.5 | 71 |
| Grouper | 18% | 360 | 3.8 | 109 | Beef round, 1/4" fat | 13% | 242 | 1.8 | 52 |
| Orange roughy | 18% | 380 | 4.6 | 132 | Clams | 13% | 1591 | 4.8 | 135 |
| Flounder | 18% | 386 | 3.9 | 110 | Mackerel, canned | 13% | 458 | 2.3 | 64 |
| Lobster | 17% | 417 | 3.9 | 111 | Ham | 13% | 297 | 2.6 | 74 |
| Crab | 17% | 590 | 4.1 | 115 | Chicken, dark meat | 13% | 249 | 2.8 | 80 |
| Whiting | 17% | 377 | 3.0 | 86 | Lean pork | 13% | 291 | 2.5 | 70 |
| Farm-raised crayfish | 17% | 383 | 4.9 | 139 | Tuna, canned in oil | 12% | 279 | 1.8 | 51 |
| Turkey, light meat | 17% | 317 | 3.1 | 87 | Sprouted alfalfa seeds | 12% | 496 | 15.3 | 435 |
| Deer meat | 17% | 364 | 2.9 | 83 | Pink salmon, canned | 12% | 548 | 2.5 | 72 |
| Monkfish | 16% | 334 | 4.6 | 132 | Salmon | 12% | 452 | 1.9 | 55 |
| Halibut | 16% | 389 | 3.2 | 91 | Beef, round, lean | 11% | 218 | 1.5 | 44 |
| Chicken, light meat | 16% | 315 | 3.1 | 88 | Turkey leg, meat and skin | 11% | 224 | 2.4 | 69 |
| Shrimp | 16% | 382 | 3.3 | 94 | Sprouted kidney beans, cooked | 11% | 545 | 10.7 | 303 |
| Watercress | 16% | 2843 | 32.1 | 909 | Sprouted kidney beans | 11% | 610 | 12.2 | 345 |
| Wild rabbit | 16% | 236 | 3.1 | 88 | Tofu, firm | 11% | 277 | 5.0 | 143 |
| Striped bass | 16% | 436 | 3.6 | 103 | Yogurt, fat free | 11% | 213 | 6.3 | 179 |
| Tilefish | 15% | 396 | 3.7 | 104 | Top loin pork roast | 11% | 207 | 1.6 | 44 |
| Catfish | 15% | 316 | 3.4 | 95 | Non-fat dry milk w vit A | 10% | 218 | 1.0 | 28 |
| Pork liver | 15% | 1241 | 2.6 | 75 | Mussels | 10% | 777 | 4.1 | 116 |
| Beef liver | 15% | 1808 | 2.6 | 74 | Spinach | 10% | 2601 | 15.3 | 435 |
| Veal liver | 14% | 2093 | 2.5 | 71 | Fortified skim milk | 10% | 263 | 8.6 | 244 |

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|-----------------------------|-------------|--------------|-----------|------------|------------------------------|-------------|--------------|-----------|------------|
| Mozzarella cheese, skim | 10% | 136 | 1.4 | 39 | Sprouted lentils, cooked | 6% | 222 | 3.5 | 99 |
| Ricotta cheese, skim | 9% | 139 | 2.6 | 72 | Pork skins | 6% | 66 | 0.6 | 18 |
| Milk 1% with vitamin A | 9% | 206 | 8.4 | 238 | Sprouted pinto beans | 6% | 334 | 5.7 | 161 |
| Parmesan cheese | 9% | 124 | 0.9 | 26 | Sprouted pinto beans, cooked | 6% | 299 | 16.0 | 455 |
| Spinach, canned | 9% | 1280 | 18.6 | 526 | Chicken liver, canned | 6% | 261 | 1.8 | 50 |
| Parmesan cheese, grated | 9% | 118 | 0.8 | 23 | Whole duck egg | 6% | 83 | 1.9 | 54 |
| Tofu, extra firm | 9% | 261 | 3.9 | 110 | Sprouted lentils | 6% | 231 | 3.3 | 94 |
| Lambsquartars, raw | 8% | 1219 | 8.2 | 233 | Cheddar cheese | 6% | 80 | 0.9 | 25 |
| Romano cheese | 8% | 108 | 0.9 | 26 | Sprouted mung beans | 6% | 395 | 11.8 | 333 |
| Swiss cheese | 8% | 125 | 0.9 | 26 | Goat cheese | 6% | 93 | 0.8 | 22 |
| Broccoli raab | 8% | 1267 | 16.0 | 455 | Brie cheese | 6% | 81 | 1.1 | 30 |
| Sprouted soybeans | 8% | 271 | 2.9 | 82 | Colby cheese | 6% | 79 | 0.9 | 25 |
| Swamp cabbage | 8% | 1506 | 18.6 | 526 | Endive | 6% | 1482 | 20.7 | 588 |
| Egg, whole | 8% | 123 | 2.5 | 70 | Lentils | 6% | 229 | 1.0 | 28 |
| Sprouted soybeans, cooked | 8% | 296 | 4.4 | 123 | Fava beans | 6% | 218 | 1.0 | 29 |
| Tempeh | 8% | 186 | 1.8 | 52 | Yogurt, plain, whole milk | 6% | 104 | 5.8 | 164 |
| Atlantic mackerel | 8% | 450 | 1.7 | 49 | Roquefort cheese | 6% | 71 | 1.0 | 27 |
| Oysters | 8% | 2266 | 5.2 | 147 | Seaweed, wakame | 6% | 562 | 7.8 | 222 |
| Gouda cheese | 8% | 97 | 1.0 | 28 | Parsley | 6% | 2925 | 9.8 | 278 |
| Turkey wings | 8% | 143 | 1.7 | 48 | Kidney beans | 6% | 217 | 1.1 | 30 |
| Soybeans | 7% | 264 | 0.8 | 24 | Spearmint, fresh | 6% | 838 | 8.0 | 227 |
| Basil | 7% | 1751 | 13.1 | 370 | Oat bran | 6% | 330 | 1.4 | 41 |
| Ricotta cheese | 7% | 94 | 2.0 | 57 | Cranberry beans | 6% | 224 | 1.1 | 30 |
| Shad | 7% | 327 | 1.8 | 51 | White mushrooms | 6% | 629 | 16.0 | 455 |
| Hard-boiled egg | 7% | 98 | 2.3 | 65 | Blue cheese | 6% | 78 | 1.0 | 28 |
| Swiss chard | 7% | 2849 | 18.6 | 526 | Sheep milk | 6% | 110 | 3.3 | 93 |
| Chinese cabbage (bok choy) | 7% | 1749 | 27.1 | 769 | Podded peas | 6% | 492 | 8.4 | 238 |
| Beef, ground,15% fat | 7% | 138 | 1.6 | 47 | Pumpkin/squash seeds | 6% | 187 | 0.7 | 19 |
| Milk 2% with vitamin A | 7% | 162 | 7.1 | 200 | Tofu | 6% | 98 | 3.0 | 86 |
| Sprouted navy beans | 7% | 360 | 5.3 | 149 | Mung beans | 6% | 218 | 1.0 | 29 |
| Provolone cheese | 7% | 100 | 1.0 | 28 | Feta cheese | 6% | 85 | 1.3 | 38 |
| Sprouted navy beans, cooked | 7% | 320 | 4.5 | 128 | Green leaf lettuce | 5% | 1957 | 23.5 | 667 |
| Chives | 7% | 1205 | 11.8 | 333 | Spearmint, dried | 5% | 762 | 1.2 | 35 |
| Limburger cheese | 7% | 91 | 1.1 | 31 | American cheese | 5% | 64 | 0.9 | 27 |
| Soybeans, green | 7% | 239 | 2.4 | 68 | Bamboo shoots | 5% | 393 | 13.1 | 370 |
| Monterey cheese | 7% | 87 | 0.9 | 27 | Toasted wheat germ | 5% | 521 | 0.9 | 26 |
| Sprouted mung beans, cooked | 6% | 397 | 16.8 | 476 | Split peas | 5% | 192 | 1.0 | 29 |
| Muenster cheese | 6% | 84 | 1.0 | 27 | Great northern beans | 5% | 218 | 1.0 | 29 |

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|---------------------------|-------------|--------------|-----------|------------|
| Frankfurter, turkey | 5% | 71 | 1.6 | 44 |
| Gelatin desserts, dry mix | 5% | 108 | 1.0 | 29 |
| Asparagus | 5% | 586 | 14.1 | 400 |
| Yellow beans | 5% | 211 | 1.0 | 29 |
| Navy beans | 5% | 218 | 1.0 | 29 |
| Bacon, cooked | 5% | 95 | 0.6 | 18 |
| Adzuki beans | 5% | 216 | 1.1 | 30 |
| Black beans | 5% | 198 | 1.0 | 29 |
| Collards | 5% | 1611 | 11.8 | 333 |
| White beans | 5% | 214 | 1.0 | 30 |
| Purslane | 5% | 855 | 22.0 | 625 |
| Coffee, brewed | 5% | 1132 | 352.7 | 10000 |
| Evaporated milk | 5% | 83 | 2.6 | 75 |
| Pink beans | 5% | 206 | 1.0 | 29 |
| Sprouted peas, cooked | 5% | 160 | 3.6 | 102 |
| Tofu, fried | 5% | 155 | 1.3 | 37 |
| Oyster mushrooms | 5% | 429 | 10.1 | 286 |

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