

Foods highest in

Lysine*

"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

8.885 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>
Tuna, canned in water	23%	473	3.0	86	Scallops	16%	316	4.0	114
Northern pike	23%	365	4.0	114	Trout	16%	370	2.4	67
Ling	23%	361	4.1	115	Cottage cheese, 1% fat	16%	227	4.9	139
Dolphinfish	22%	377	4.1	118	Pork chops, lean boneless	16%	288	2.5	71
Cod fish	22%	343	3.4	95	Mackerel, canned	15%	458	2.3	64
Haddock	22%	365	3.1	89	Chicken, dark meat	15%	249	2.8	80
Orange roughy	22%	380	4.6	132	Ham	15%	297	2.6	74
Perch	22%	380	3.9	110	Beef tip round, lean, choice	15%	295	2.7	77
Pollock	22%	441	3.8	109	Tuna, canned in oil	15%	279	1.8	51
Grouper	22%	360	3.8	109	Lean pork	15%	291	2.5	70
Turkey, light meat	22%	317	3.1	87	Lean beef, chuck	15%	278	2.5	72
Flounder	21%	386	3.9	110	Pink salmon, canned	15%	548	2.5	72
Whiting	21%	377	3.0	86	Beef round, 1/4" fat	15%	242	1.8	52
Lobster	20%	417	3.9	111	Clams	15%	1591	4.8	135
Crab	20%	590	4.1	115	Salmon	14%	452	1.9	55
Farm-raised crayfish	20%	383	4.9	139	Turkey leg, meat and skin	14%	224	2.4	69
Monkfish	20%	334	4.6	132	Pork liver	14%	1241	2.6	75
Halibut	20%	389	3.2	91	Watercress	14%	2843	32.1	909
Chicken, light meat	19%	315	3.1	88	Seaweed, spirulina	14%	596	13.6	385
Striped bass	19%	436	3.6	103	Beef liver	13%	1808	2.6	74
Tilefish	19%	396	3.7	104	Veal liver	13%	2093	2.5	71
Wild rabbit	19%	236	3.1	88	Chicken, liver	13%	983	3.0	86
Deer meat	19%	364	2.9	83	Top loin pork roast	13%	207	1.6	44
Shrimp	19%	382	3.3	94	Beef, round, lean	13%	218	1.5	44
Catfish	18%	316	3.4	95	Mussels	12%	777	4.1	116
Soy protein isolate	18%	331	1.0	30	Ricotta cheese, skim	11%	139	2.6	72
Egg white	17%	327	6.8	192	Mozzarella cheese, skim	11%	136	1.4	39
Turkey, dark meat	17%	270	2.8	80	Sprouted alfalfa seeds	10%	496	15.3	435
Swordfish	17%	388	2.9	83	Yogurt, fat free	10%	213	6.3	179
Fresh tuna	17%	509	1.9	54	Broccoli raab	10%	1267	16.0	455
Bluefish	17%	421	2.8	81	Parmesan cheese	9%	124	0.9	26
Anchovies	16%	450	2.7	76	Sprouted kidney beans, cooked	9%	545	10.7	303
Beef, top sirloin lean	16%	289	2.7	76	Turkey wings	9%	143	1.7	48

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Atlantic mackerel	9%	450	1.7	49	Monterey cheese	6%	87	0.9	27
Sprouted kidney beans	9%	610	12.2	345	Chives	6%	1205	11.8	333
Lambquarters, raw	9%	1219	8.2	233	Bacon, cooked	6%	95	0.6	18
Non-fat dry milk w vit A	9%	218	1.0	28	Soybeans, green	6%	239	2.4	68
Shad	9%	327	1.8	51	Blue cheese	6%	78	1.0	28
Oysters	9%	2266	5.2	147	Sprouted navy beans	6%	360	5.3	149
Ricotta cheese	9%	94	2.0	57	Swiss chard	6%	2849	18.6	526
Fortified skim milk	9%	263	8.6	244	Split peas	6%	192	1.0	29
Romano cheese	9%	108	0.9	26	Sprouted navy beans, cooked	6%	320	4.5	128
Spinach	9%	2601	15.3	435	Cheddar cheese	6%	80	0.9	25
Provolone cheese	8%	100	1.0	28	Whole duck egg	6%	83	1.9	54
Gouda cheese	8%	97	1.0	28	Limburger cheese	6%	91	1.1	31
Gelatin desserts, dry mix	8%	108	1.0	29	Pork skins	6%	66	0.6	18
Beef, ground,15% fat	8%	138	1.6	47	Yogurt, plain, whole milk	6%	104	5.8	164
Tofu, extra firm	8%	261	3.9	110	Sprouted peas, cooked	6%	160	3.6	102
Parmesan cheese, grated	8%	118	0.8	23	Broccoli stalks	6%	764	12.6	357
Sprouted lentils, cooked	8%	222	3.5	99	Parsley	6%	2925	9.8	278
Chinese cabbage (bok choy)	8%	1749	27.1	769	Colby cheese	6%	79	0.9	25
Milk 1% with vitamin A	8%	206	8.4	238	Roquefort cheese	6%	71	1.0	27
Swiss cheese	8%	125	0.9	26	Bamboo shoots	6%	393	13.1	370
Spinach, canned	8%	1280	18.6	526	Fava beans	6%	218	1.0	29
Sprouted lentils	8%	231	3.3	94	White mushrooms	5%	629	16.0	455
Tofu, firm	7%	277	5.0	143	Kidney beans	5%	217	1.1	30
Egg, whole	7%	123	2.5	70	Goat cheese	5%	93	0.8	22
Sprouted soybeans	7%	271	2.9	82	Toasted wheat germ	5%	521	0.9	26
Sprouted soybeans, cooked	7%	296	4.4	123	Sprouted pinto beans	5%	334	5.7	161
American cheese	7%	64	0.9	27	Sprouted pinto beans, cooked	5%	299	16.0	455
Sprouted mung beans, cooked	7%	397	16.8	476	Podded peas	5%	492	8.4	238
Soybeans	7%	264	0.8	24	Mung beans	5%	218	1.0	29
Hard-boiled egg	7%	98	2.3	65	Sheep milk	5%	110	3.3	93
Muenster cheese	7%	84	1.0	27	Chicken Broth 1% fat	5%	17	88.2	2500
Swamp cabbage	6%	1506	18.6	526	Chicken liver, canned	5%	261	1.8	50
Dill weed	6%	1166	8.2	233	Mustard greens	5%	2403	13.6	385
Green leaf lettuce	6%	1957	23.5	667	Pumpkin/squash seeds	5%	187	0.7	19
Lentils	6%	229	1.0	28	Cranberry beans	5%	224	1.1	30
Brie cheese	6%	81	1.1	30	Tempeh	5%	186	1.8	52
Sprouted mung beans	6%	395	11.8	333	Milk 2% with vitamin A	5%	162	7.1	200
Frankfurter, turkey	6%	71	1.6	44	Tofu	5%	98	3.0	86

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Feta cheese	5%	85	1.3	38
Adzuki beans	5%	216	1.1	30
Link sausage, smoked	5%	82	0.9	26

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