

# Foods highest in

# Methionine\*

"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	18%	327	6.8	192	Trout	10%	370	2.4	67
Orange roughy	16%	380	4.6	132	Chicken, dark meat	10%	249	2.8	80
Tuna, canned in water	15%	473	3.0	86	Mackerel, canned	10%	458	2.3	64
Northern pike	15%	365	4.0	114	Beef, top sirloin lean	10%	289	2.7	76
Ling	15%	361	4.1	115	Tuna, canned in oil	10%	279	1.8	51
Dolphinfish	15%	377	4.1	118	Scallops	10%	316	4.0	114
Cod fish	15%	343	3.4	95	Pink salmon, canned	10%	548	2.5	72
Haddock	15%	365	3.1	89	Beef tip round, lean, choice	10%	295	2.7	77
Perch	14%	380	3.9	110	Salmon	10%	452	1.9	55
Pollock	14%	441	3.8	109	Lean beef, chuck	9%	278	2.5	72
Grouper	14%	360	3.8	109	Pork chops, lean boneless	9%	288	2.5	71
Flounder	14%	386	3.9	110	Beef liver	9%	1808	2.6	74
Whiting	14%	377	3.0	86	Veal liver	9%	2093	2.5	71
Turkey, light meat	14%	317	3.1	87	Ham	9%	297	2.6	74
Lobster	13%	417	3.9	111	Beef round, 1/4" fat	9%	242	1.8	52
Crab	13%	590	4.1	115	Lean pork	9%	291	2.5	70
Farm-raised crayfish	13%	383	4.9	139	Pork liver	9%	1241	2.6	75
Monkfish	13%	334	4.6	132	Clams	9%	1591	4.8	135
Chicken, light meat	13%	315	3.1	88	Turkey leg, meat and skin	9%	224	2.4	69
Halibut	13%	389	3.2	91	Chicken, liver	9%	983	3.0	86
Striped bass	12%	436	3.6	103	Beef, round, lean	8%	218	1.5	44
Shrimp	12%	382	3.3	94	Top loin pork roast	8%	207	1.6	44
Tilefish	12%	396	3.7	104	Soy protein isolate	8%	331	1.0	30
Catfish	12%	316	3.4	95	Mussels	7%	777	4.1	116
Cottage cheese, 1% fat	12%	227	4.9	139	Whole duck egg	7%	83	1.9	54
Swordfish	11%	388	2.9	83	Yogurt, fat free	7%	213	6.3	179
Fresh tuna	11%	509	1.9	54	Atlantic mackerel	6%	450	1.7	49
Bluefish	11%	421	2.8	81	Mozzarella cheese, skim	6%	136	1.4	39
Wild rabbit	11%	236	3.1	88	Egg, whole	6%	123	2.5	70
Deer meat	11%	364	2.9	83	Turkey wings	6%	143	1.7	48
Turkey, dark meat	11%	270	2.8	80	Shad	6%	327	1.8	51
Anchovies	11%	450	2.7	76	Hard-boiled egg	6%	98	2.3	65
Seaweed, spirulina	10%	596	13.6	385	Non-fat dry milk w vit A	6%	218	1.0	28

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Parmesan cheese	6%	124	0.9	26
Fortified skim milk	6%	263	8.6	244
Parmesan cheese, grated	5%	118	0.8	23
Oysters	5%	2266	5.2	147
Swamp cabbage	5%	1506	18.6	526
Spinach	5%	2601	15.3	435
Beef, ground,15% fat	5%	138	1.6	47
Romano cheese	5%	108	0.9	26
Broccoli raab	5%	1267	16.0	455

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