

Foods highest in Monounsaturated

"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 **22 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> |
|------------------------------|-------------|--------------|-----------|------------|-----------------------------|-------------|--------------|-----------|------------|
| Sunflower oil, oleic | 43% | 68 | 0.4 | 11 | Yellow mustard | 18% | 298 | 5.3 | 149 |
| Hazelnut oil | 40% | 71 | 0.4 | 11 | Beechnuts, dried | 17% | 64 | 0.6 | 17 |
| Olive oil | 38% | 43 | 0.4 | 11 | Link sausage, smoked | 17% | 82 | 0.9 | 26 |
| Macadamia nuts | 37% | 96 | 0.5 | 14 | Sardine oil | 17% | 298 | 0.4 | 11 |
| Avocado oil | 36% | 29 | 0.4 | 11 | Cumin seed | 17% | 279 | 0.9 | 27 |
| Almond oil | 36% | 61 | 0.4 | 11 | Brazilnuts, dried | 17% | 507 | 0.5 | 15 |
| Hazelnuts or filberts | 33% | 162 | 0.6 | 16 | Pinyon nuts, dried | 17% | 103 | 0.6 | 16 |
| Olives, canned | 31% | 61 | 3.1 | 87 | Egg yolk | 17% | 38 | 1.1 | 31 |
| Canola oil | 30% | 43 | 0.4 | 11 | Whole duck egg | 16% | 83 | 1.9 | 54 |
| Margarine, hydrogenated | 29% | 37 | 0.5 | 14 | Bacon, cooked | 16% | 95 | 0.6 | 18 |
| Herring oil | 29% | 141 | 0.4 | 11 | Italian pork sausage | 16% | 79 | 1.0 | 29 |
| Avocados raw | 28% | 142 | 2.2 | 63 | Frankfurter, chicken | 15% | 55 | 1.4 | 39 |
| Pecans | 27% | 99 | 0.5 | 14 | Sesame seeds | 15% | 180 | 0.6 | 17 |
| Almonds | 25% | 154 | 0.6 | 17 | Salmon oil | 15% | 459 | 0.4 | 11 |
| Peanut oil | 24% | 25 | 0.4 | 11 | Baking chocolate | 15% | 144 | 0.7 | 20 |
| Cod liver oil | 24% | 748 | 0.4 | 11 | Corned beef hash | 15% | 64 | 2.2 | 61 |
| Sunflower oil, linoleic | 23% | 48 | 0.4 | 11 | Glazed doughnuts | 15% | 43 | 0.9 | 25 |
| Bologna, beef | 22% | 12 | 1.1 | 32 | Corn oil | 14% | 33 | 0.4 | 11 |
| Tofu, extra firm | 22% | 261 | 3.9 | 110 | Dill seed | 14% | 250 | 1.2 | 33 |
| Cashew nuts, roasted | 22% | 110 | 0.6 | 17 | Beef, ground,15% fat | 14% | 138 | 1.6 | 47 |
| Soy and corn oil, industrial | 21% | 4 | 0.4 | 11 | Menhaden oil | 13% | 345 | 0.4 | 11 |
| Avocados | 21% | 130 | 2.9 | 83 | Butter | 13% | -19 | 0.5 | 14 |
| Coriander seed | 21% | 242 | 1.2 | 34 | Shad | 13% | 327 | 1.8 | 51 |
| Sesame oil | 20% | 13 | 0.4 | 11 | Anise seed | 13% | 222 | 1.0 | 30 |
| Spam | 20% | -9 | 1.1 | 32 | Fennel seed | 13% | 321 | 1.0 | 29 |
| Frankfurter beef | 20% | 51 | 1.1 | 31 | Sour cream | 13% | 16 | 1.6 | 47 |
| Peanuts | 20% | 142 | 0.6 | 18 | Cream cheese | 13% | 10 | 1.0 | 29 |
| Cashew nuts, raw | 20% | 128 | 0.6 | 18 | Pine nuts, dried | 13% | 141 | 0.5 | 15 |
| Mustard seed | 19% | 222 | 0.8 | 21 | Beef jerky | 13% | 37 | 0.9 | 24 |
| Pistachio nuts | 19% | 126 | 0.6 | 18 | Trail mix, regular | 12% | 92 | 0.8 | 22 |
| Palm oil | 19% | 1 | 0.4 | 11 | Pork skins | 12% | 66 | 0.6 | 18 |
| Celery seeds | 18% | 307 | 0.9 | 26 | Salad dressing, sesame seed | 12% | 11 | 0.8 | 23 |
| Frankfurter, pork | 18% | 99 | 1.3 | 37 | Turkey wings | 12% | 143 | 1.7 | 48 |

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|------------------------|-------------|--------------|-----------|------------|----------------------------|-------------|--------------|-----------|------------|
| Egg, whole | 12% | 123 | 2.5 | 70 | Biscuits, plain, dry mix | 9% | 59 | 0.8 | 23 |
| Atlantic mackerel | 12% | 450 | 1.7 | 49 | Parmesan cheese, grated | 9% | 118 | 0.8 | 23 |
| Soybean oil | 12% | 18 | 0.4 | 11 | Parmesan cheese | 9% | 124 | 0.9 | 26 |
| Limburger cheese | 12% | 91 | 1.1 | 31 | Swiss cheese | 9% | 125 | 0.9 | 26 |
| Hard-boiled egg | 12% | 98 | 2.3 | 65 | Commercial bisquits | 9% | 59 | 1.0 | 27 |
| Chicken liver, canned | 12% | 261 | 1.8 | 50 | Beef, round, lean | 8% | 218 | 1.5 | 44 |
| Walnut oil | 12% | 7 | 0.4 | 11 | Cheese-flavor corn twists | 8% | 39 | 0.6 | 18 |
| Half and half | 12% | 36 | 2.7 | 77 | Dill weed | 8% | 1166 | 8.2 | 233 |
| Pumpkin/squash seeds | 11% | 187 | 0.7 | 19 | Grapeseed oil | 8% | 24 | 0.4 | 11 |
| Dove, Squab | 11% | 114 | 1.6 | 46 | Potato chips | 8% | 70 | 0.6 | 18 |
| Frankfurter, turkey | 11% | 71 | 1.6 | 44 | Goat cheese | 8% | 93 | 0.8 | 22 |
| Cocoa, dry powder | 11% | 212 | 1.2 | 33 | Ham | 8% | 297 | 2.6 | 74 |
| Egg biscuit | 11% | 59 | 1.3 | 36 | Rich vanilla ice cream | 8% | 3 | 1.4 | 40 |
| Hummus | 11% | 113 | 2.1 | 60 | Lean pork | 8% | 291 | 2.5 | 70 |
| Black walnuts, dried | 11% | 159 | 0.6 | 16 | Mozzarella cheese, skim | 8% | 136 | 1.4 | 39 |
| Brie cheese | 11% | 81 | 1.1 | 30 | Tofu, firm | 8% | 277 | 5.0 | 143 |
| Rice bran | 11% | 600 | 1.1 | 32 | Feta cheese | 8% | 85 | 1.3 | 38 |
| American cheese | 11% | 64 | 0.9 | 27 | Evaporated milk | 8% | 83 | 2.6 | 75 |
| Human milk | 11% | 29 | 5.0 | 143 | Chicken broth w sodium | 8% | 116 | 22.0 | 625 |
| Muenster cheese | 11% | 84 | 1.0 | 27 | Wheat germ oil | 8% | 110 | 0.4 | 11 |
| Potatoes, hashed brown | 11% | 51 | 1.6 | 46 | Curry powder | 8% | 323 | 1.1 | 31 |
| Colby cheese | 11% | 79 | 0.9 | 25 | Butternuts, dried | 8% | 137 | 0.6 | 16 |
| Ground mace | 11% | 111 | 0.7 | 21 | Pork chops, lean boneless | 8% | 288 | 2.5 | 71 |
| Monterey cheese | 11% | 87 | 0.9 | 27 | Ricotta cheese, skim | 8% | 139 | 2.6 | 72 |
| Top loin pork roast | 11% | 207 | 1.6 | 44 | Sunflower seed kernels | 8% | 220 | 0.6 | 18 |
| Cheddar cheese | 11% | 80 | 0.9 | 25 | Eggnog | 8% | 38 | 2.6 | 74 |
| Roquefort cheese | 10% | 71 | 1.0 | 27 | Cured Ham | 8% | -5 | 3.3 | 94 |
| Flaxseed oil | 10% | 18 | 0.4 | 11 | Tofu, fried | 7% | 155 | 1.3 | 37 |
| Pheasant | 10% | 73 | 1.4 | 40 | Saltines (oyster, soup) | 7% | 53 | 0.8 | 23 |
| Blue cheese | 10% | 78 | 1.0 | 28 | Safflower oil, linoleic | 7% | 30 | 0.4 | 11 |
| Gouda cheese | 10% | 97 | 1.0 | 28 | Beef round, 1/4" fat | 7% | 242 | 1.8 | 52 |
| Chocolate chip cookies | 10% | 36 | 0.8 | 24 | Meatball and pasta, canned | 7% | 95 | 3.4 | 97 |
| Caraway seeds | 10% | 254 | 1.1 | 30 | Chicken noodle soup | 7% | 126 | 6.7 | 189 |
| Provolone cheese | 10% | 100 | 1.0 | 28 | Goat milk | 7% | 97 | 5.1 | 145 |
| Quail | 10% | 101 | 1.5 | 43 | Sheep milk | 7% | 110 | 3.3 | 93 |
| Ricotta cheese | 9% | 94 | 2.0 | 57 | Plain frozen waffles | 7% | 133 | 1.1 | 32 |
| Canadian bacon | 9% | -8 | 2.9 | 82 | French vanilla ice cream | 7% | 10 | 1.6 | 45 |
| Romano cheese | 9% | 108 | 0.9 | 26 | Ramen noodle | 7% | 53 | 0.8 | 23 |

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|------------------------------|-------------|--------------|-----------|------------|------------------------|-------------|--------------|-----------|------------|
| Tempeh | 7% | 186 | 1.8 | 52 | Cream of potato soup | 5% | 80 | 5.9 | 167 |
| Polar bear meat | 7% | 106 | 2.7 | 77 | Trout | 5% | 370 | 2.4 | 67 |
| Lean beef, chuck | 7% | 278 | 2.5 | 72 | Vanilla frosting | 5% | -20 | 0.8 | 24 |
| Tofu | 7% | 98 | 3.0 | 86 | Chili powder | 5% | 497 | 1.1 | 32 |
| Chicken broth, condensed | 7% | 74 | 11.4 | 323 | Milk 2% with vitamin A | 5% | 162 | 7.1 | 200 |
| Coffee, brewed | 7% | 1132 | 352.7 | 10000 | Fresh tuna | 5% | 509 | 1.9 | 54 |
| Gravy, au jus, dry | 7% | -89 | 1.1 | 32 | | | | | |
| Tuna, canned in oil | 7% | 279 | 1.8 | 51 | | | | | |
| Salmon | 7% | 452 | 1.9 | 55 | | | | | |
| Vanilla ice cream | 7% | 13 | 1.8 | 50 | | | | | |
| Yogurt, plain, whole milk | 7% | 104 | 5.8 | 164 | | | | | |
| Bluefish | 7% | 421 | 2.8 | 81 | | | | | |
| Pop Tarts | 7% | 12 | 0.9 | 26 | | | | | |
| Turkey leg, meat and skin | 7% | 224 | 2.4 | 69 | | | | | |
| Mackerel, canned | 6% | 458 | 2.3 | 64 | | | | | |
| Flaxseeds | 6% | 158 | 0.7 | 19 | | | | | |
| Beef tip round, lean, choice | 6% | 295 | 2.7 | 77 | | | | | |
| Walnuts | 6% | 88 | 0.5 | 15 | | | | | |
| Whole milk 3.25% fat | 6% | 123 | 5.9 | 167 | | | | | |
| Pumpkin and squash seeds | 6% | 98 | 0.8 | 22 | | | | | |
| Kellogg's Nutri-Grain | 6% | 75 | 1.0 | 27 | | | | | |
| Potato chips, barbecue | 6% | 61 | 0.7 | 20 | | | | | |
| Watermelon seeds, dried | 6% | 120 | 0.6 | 18 | | | | | |
| Chicken vegetable soup | 6% | 125 | 5.1 | 145 | | | | | |
| Pink salmon, canned | 6% | 548 | 2.5 | 72 | | | | | |
| Gingersnaps | 6% | 58 | 0.8 | 24 | | | | | |
| Swordfish | 6% | 388 | 2.9 | 83 | | | | | |
| Pork and beans, canned | 6% | 120 | 2.7 | 78 | | | | | |
| Beef, top sirloin lean | 6% | 289 | 2.7 | 76 | | | | | |
| Sprouted soybeans, cooked | 6% | 296 | 4.4 | 123 | | | | | |
| Sprouted soybeans | 6% | 271 | 2.9 | 82 | | | | | |
| New England clam chowder | 6% | 276 | 5.0 | 143 | | | | | |
| Dehydrated brown gravy | 6% | -10 | 1.0 | 27 | | | | | |
| Cheese lasagna | 6% | 137 | 2.7 | 77 | | | | | |
| Coriander (cilantro) leaves | 5% | 1762 | 15.3 | 435 | | | | | |
| Poppy seed | 5% | 192 | 0.7 | 19 | | | | | |
| Potato sticks | 5% | 54 | 0.7 | 19 | | | | | |
| Parsley, dried | 5% | 903 | 1.3 | 36 | | | | | |