

Foods highest in Pantothenic acid

"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 **10 mg** 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>
Coffee, brewed	254%	1132	352.7	10000	Broccoli	17%	748	10.4	294
Complete Wheat Bran	110%	1194	1.1	31	Whey, sweet, dried	16%	122	1.0	28
Total cereal	100%	1153	1.1	30	Whey, acid	16%	147	14.7	417
Complete Oat Bran Flakes	100%	1118	1.0	29	Seaweed, wakame	15%	562	7.8	222
Multi-Grain Cheerios	91%	952	0.9	26	Celery	15%	422	22.0	625
Total Corn Flakes	88%	1004	0.9	27	Seaweed, kelp	15%	429	8.2	233
Shiitake mushrooms	74%	356	1.2	34	Tomato juice	15%	401	20.7	588
White mushrooms	68%	629	16.0	455	Toasted Wheat Bran	15%	819	1.8	50
Total Raisin Bran	59%	648	1.1	32	Broccoli raab	15%	1267	16.0	455
Portabella mushrooms	58%	593	13.6	385	Whey, sweet	14%	107	13.1	370
Italian (Crimini) mushrooms	56%	606	13.1	370	Chicken liver, canned	13%	261	1.8	50
Smart Start Cereal	55%	593	1.0	27	Sprouted kidney beans	13%	610	12.2	345
Chicken, liver	54%	983	3.0	86	Sprouted mung beans	13%	395	11.8	333
Beef liver	53%	1808	2.6	74	Seaweed, spirulina	13%	596	13.6	385
Endive	53%	1482	20.7	588	Sprouted navy beans	12%	360	5.3	149
Chicory greens	50%	1726	15.3	435	Red bell peppers	12%	1071	13.6	385
Pork liver	50%	1241	2.6	75	Sprouted pinto beans	12%	334	5.7	161
Smart Start Soy Protein	50%	541	1.0	27	Turnip greens	12%	1791	11.0	313
Veal liver	43%	2093	2.5	71	Sunflower seed kernels	12%	220	0.6	18
Oyster mushrooms	37%	429	10.1	286	Pumpkin, canned	12%	1139	10.4	294
Chicken Broth 1% fat	30%	17	88.2	2500	Eggplant	12%	279	14.7	417
Watercress	28%	2843	32.1	909	Seaweed, agar	12%	359	13.6	385
Cauliflower	26%	566	14.1	400	Spaghetti squash	12%	137	11.4	323
Coriander (cilantro) leaves	25%	1762	15.3	435	Lemons, with peel	12%	716	17.6	500
Sprouted alfalfa seeds	24%	496	15.3	435	Sprouted mung beans, cooked	12%	397	16.8	476
Enoki mushrooms	24%	270	8.0	227	Sprouted kidney beans, cooked	12%	545	10.7	303
Rice bran	23%	600	1.1	32	Boston lettuce	12%	1299	27.1	769
Broccoli stalks	19%	764	12.6	357	Pumpkin	11%	857	13.6	385
Lobster	18%	417	3.9	111	Yogurt, fat free	11%	213	6.3	179
Podded peas	18%	492	8.4	238	Beet greens	11%	1964	16.0	455
Arugula	17%	825	14.1	400	Cream of potato soup	11%	80	5.9	167
Cucumber	17%	264	23.5	667	Parsley	11%	2925	9.8	278
Sprouted radish seeds	17%	355	8.2	233	Asparagus	11%	586	14.1	400

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Sprouted navy beans, cooked	11%	320	4.5	128	Romaine lettuce	8%	1566	20.7	588
Pumpkin pie mix, canned	11%	260	3.4	96	All-Bran with fiber	8%	1098	1.8	52
Gourd	11%	300	25.2	714	Perch	8%	380	3.9	110
Chives	11%	1205	11.8	333	Grouper	8%	360	3.8	109
Sprouted pinto beans, cooked	11%	299	16.0	455	Sun-dried tomatoes	8%	211	1.4	39
Salmon	11%	452	1.9	55	Mustard greens	8%	2403	13.6	385
Radishes	10%	356	22.0	625	Sprouted peas	8%	180	2.8	78
Wheat bran, crude	10%	677	1.6	46	Parsnips	8%	190	4.7	133
Whole duck egg	10%	83	1.9	54	Potato chips	8%	70	0.6	18
Egg, whole	10%	123	2.5	70	Farm-raised crayfish	8%	383	4.9	139
Chicken, dark meat	10%	249	2.8	80	Okra	8%	671	11.4	323
Soy milk	10%	274	6.8	192	Tilefish	8%	396	3.7	104
Non-fat dry milk w vit A	10%	218	1.0	28	Avocados	8%	130	2.9	83
Zucchini	10%	553	22.0	625	Striped bass	8%	436	3.6	103
Summer squash	10%	546	22.0	625	Sprouted soybeans	8%	271	2.9	82
Acerola West Indian cherry	10%	5971	11.0	313	Turkey leg, meat and skin	8%	224	2.4	69
Sweet potato	9%	436	4.1	116	Garden cress	8%	1639	11.0	313
Egg yolk	9%	38	1.1	31	Fennel bulbs	7%	254	11.4	323
Turkey, dark meat	9%	270	2.8	80	Fresh tuna	7%	509	1.9	54
Dill weed	9%	1166	8.2	233	Infant formula, SIMILAC	7%	96	5.3	152
Sprouted soybeans, cooked	9%	296	4.4	123	Swamp cabbage	7%	1506	18.6	526
Fortified skim milk	9%	263	8.6	244	Watermelon	7%	117	11.8	333
Swiss chard	9%	2849	18.6	526	Limes	7%	222	11.8	333
Hard-boiled egg	9%	98	2.3	65	Chicken, light meat	7%	315	3.1	88
Red leaf lettuce	9%	1603	22.0	625	Artichokes	7%	293	7.5	213
Green leaf lettuce	9%	1957	23.5	667	Brussels sprouts	7%	692	8.2	233
Collards	9%	1611	11.8	333	Turnips	7%	231	12.6	357
Grapefruit	9%	228	11.0	313	Milk 2% with vitamin A	7%	162	7.1	200
Sweet yellow corn	9%	139	4.1	116	Trout	7%	370	2.4	67
Dolphinfish	9%	377	4.1	118	Ensure plus	7%	116	2.5	71
Basil	9%	1751	13.1	370	Sprouted peas, cooked	7%	160	3.6	102
Pomegranates	9%	26	5.2	147	Tomatoes, canned	7%	296	20.7	588
Crushed tomatoes, canned	9%	310	11.0	313	Lemon peel	7%	479	7.5	213
Avocados raw	9%	142	2.2	63	Chinese cabbage (bok choy)	7%	1749	27.1	769
Catfish	9%	316	3.4	95	Chicken gizzards	7%	100	3.8	106
Milk 1% with vitamin A	9%	206	8.4	238	Bluefish	7%	421	2.8	81
Northern pike	9%	365	4.0	114	Carrots	7%	1011	8.6	244
Cabbage	8%	497	14.1	400	Guavas	7%	526	5.2	147

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Lemons	7%	318	12.2	345
Iceberg lettuce	7%	410	25.2	714
Gooseberries	7%	204	8.0	227
Blackberries	6%	285	8.2	233
Cranberries	6%	156	7.7	217
Yogurt, plain, whole milk	6%	104	5.8	164
Raspberries	6%	234	6.8	192
Wheat germ, crude	6%	416	1.0	28
Paprika	6%	763	1.2	35
Rosemary, fresh	6%	281	2.7	76
Kohlrabi	6%	510	13.1	370
Oat bran	6%	330	1.4	41
Lentils	6%	229	1.0	28
Whole milk 3.25% fat	6%	123	5.9	167
Turkey, light meat	6%	317	3.1	87
Potatoes, no skin	6%	113	3.8	108
Bamboo shoots	6%	393	13.1	370
All-Bran Buds	6%	874	1.4	40
Ham	6%	297	2.6	74
Mashed potato flakes	6%	116	1.0	28
Mussels	6%	777	4.1	116
Spearmint, fresh	6%	838	8.0	227
Sprouted lentils, cooked	6%	222	3.5	99
Papayas	6%	318	9.0	256
Flounder	6%	386	3.9	110
Mung beans	6%	218	1.0	29
Lean pork	5%	291	2.5	70
Sprouted lentils	5%	231	3.3	94
Pork chops, lean boneless	5%	288	2.5	71
Oranges	5%	205	7.5	213
Split peas	5%	192	1.0	29
Orange peel	5%	274	3.6	103
Chili peppers	5%	693	8.8	250

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