

# Foods highest in

# Phenylalanine\*

"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

**8.188 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	17%	331	1.0	30	Tilefish	9%	396	3.7	104
Egg white	16%	327	6.8	192	Chicken, liver	9%	983	3.0	86
Seaweed, spirulina	13%	596	13.6	385	Catfish	8%	316	3.4	95
Watercress	13%	2843	32.1	909	Scallops	8%	316	4.0	114
Cottage cheese, 1% fat	11%	227	4.9	139	Swamp cabbage	8%	1506	18.6	526
Lobster	11%	417	3.9	111	Beef, top sirloin lean	8%	289	2.7	76
Crab	11%	590	4.1	115	Swordfish	8%	388	2.9	83
Farm-raised crayfish	11%	383	4.9	139	Chicken, dark meat	8%	249	2.8	80
Tuna, canned in water	10%	473	3.0	86	Turkey, dark meat	8%	270	2.8	80
Northern pike	10%	365	4.0	114	Fresh tuna	8%	509	1.9	54
Ling	10%	361	4.1	115	Beef tip round, lean, choice	8%	295	2.7	77
Dolphinfish	10%	377	4.1	118	Bluefish	8%	421	2.8	81
Cod fish	10%	343	3.4	95	Tofu, firm	8%	277	5.0	143
Haddock	10%	365	3.1	89	Lean beef, chuck	8%	278	2.5	72
Perch	10%	380	3.9	110	Clams	8%	1591	4.8	135
Pollock	10%	441	3.8	109	Pork chops, lean boneless	8%	288	2.5	71
Orange roughy	10%	380	4.6	132	Anchovies	7%	450	2.7	76
Grouper	10%	360	3.8	109	Beef round, 1/4" fat	7%	242	1.8	52
Turkey, light meat	10%	317	3.1	87	Ham	7%	297	2.6	74
Shrimp	10%	382	3.3	94	Lean pork	7%	291	2.5	70
Flounder	10%	386	3.9	110	Trout	7%	370	2.4	67
Chicken, light meat	10%	315	3.1	88	Broccoli raab	7%	1267	16.0	455
Beef liver	10%	1808	2.6	74	Mackerel, canned	7%	458	2.3	64
Whiting	10%	377	3.0	86	Swiss chard	7%	2849	18.6	526
Wild rabbit	10%	236	3.1	88	Tuna, canned in oil	7%	279	1.8	51
Veal liver	10%	2093	2.5	71	Spinach	7%	2601	15.3	435
Pork liver	10%	1241	2.6	75	Yogurt, fat free	7%	213	6.3	179
Deer meat	10%	364	2.9	83	Pink salmon, canned	7%	548	2.5	72
Monkfish	9%	334	4.6	132	Salmon	7%	452	1.9	55
Halibut	9%	389	3.2	91	Turkey leg, meat and skin	7%	224	2.4	69
Sprouted kidney beans, cooked	9%	545	10.7	303	Beef, round, lean	6%	218	1.5	44
Sprouted kidney beans	9%	610	12.2	345	Tofu, extra firm	6%	261	3.9	110
Striped bass	9%	436	3.6	103	Sprouted soybeans	6%	271	2.9	82

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Sprouted soybeans, cooked	6%	296	4.4	123
Top loin pork roast	6%	207	1.6	44
Spinach, canned	6%	1280	18.6	526
Mozzarella cheese, skim	6%	136	1.4	39
Mussels	6%	777	4.1	116
Parmesan cheese	6%	124	0.9	26
Parmesan cheese, grated	6%	118	0.8	23
Non-fat dry milk w vit A	6%	218	1.0	28
Basil	6%	1751	13.1	370
Egg, whole	6%	123	2.5	70
Fortified skim milk	6%	263	8.6	244
Tempeh	6%	186	1.8	52
Sprouted navy beans	6%	360	5.3	149
Green bell peppers	6%	738	17.6	500
Soybeans	6%	264	0.8	24
Sprouted navy beans, cooked	6%	320	4.5	128
Whole duck egg	6%	83	1.9	54
Romano cheese	5%	108	0.9	26
Swiss cheese	5%	125	0.9	26
Hard-boiled egg	5%	98	2.3	65
Sprouted lentils, cooked	5%	222	3.5	99
Sprouted pinto beans	5%	334	5.7	161
Sprouted pinto beans, cooked	5%	299	16.0	455
Red leaf lettuce	5%	1603	22.0	625
Sprouted lentils	5%	231	3.3	94
Mung beans	5%	218	1.0	29
Sprouted mung beans, cooked	5%	397	16.8	476

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