

Foods highest in Polyunsaturated

"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>
Safflower oil, linoleic	38%	30	0.4	11	Potato chips, barbecue	15%	61	0.7	20
Grapeseed oil	36%	24	0.4	11	Brazilnuts, dried	14%	507	0.5	15
Flaxseed oil	34%	18	0.4	11	Pecans	14%	99	0.5	14
Walnuts	33%	88	0.5	15	Sprouted soybeans, cooked	14%	296	4.4	123
Walnut oil	33%	7	0.4	11	Sprouted soybeans	14%	271	2.9	82
Butternuts, dried	32%	137	0.6	16	Paprika	13%	763	1.2	35
Wheat germ oil	32%	110	0.4	11	Peanuts	12%	142	0.6	18
Soybean oil	30%	18	0.4	11	Soybeans	12%	264	0.8	24
Corn oil	28%	33	0.4	11	Sprouted radish seeds	12%	355	8.2	233
Poppy seed	26%	192	0.7	19	Red/cayenne pepper	12%	541	1.1	31
Sunflower seed kernels	26%	220	0.6	18	Tofu, firm	12%	277	5.0	143
Black walnuts, dried	26%	159	0.6	16	Granola bars	12%	73	0.7	21
Salad dressing, sesame seed	26%	11	0.8	23	Margarine, hydrogenated	11%	37	0.5	14
Flaxseeds	24%	158	0.7	19	Cod liver oil	11%	748	0.4	11
Pine nuts, dried	23%	141	0.5	15	Pistachio nuts	11%	126	0.6	18
Watermelon seeds, dried	23%	120	0.6	18	Chili powder	11%	497	1.1	32
Chia seeds, dried	22%	109	0.7	20	Rice bran	11%	600	1.1	32
Sesame oil	21%	13	0.4	11	Potato chips	10%	70	0.6	18
Sunflower oil, linoleic	21%	48	0.4	11	Frankfurter, turkey	10%	71	1.6	44
Salmon oil	20%	459	0.4	11	Ensure plus	10%	116	2.5	71
Tofu, fried	19%	155	1.3	37	Cloves	10%	581	1.1	31
Pinyon nuts, dried	19%	103	0.6	16	Soybeans, green	10%	239	2.4	68
Soy and corn oil, industrial	19%	4	0.4	11	Hummus	10%	113	2.1	60
Tofu	18%	98	3.0	86	Almonds	10%	154	0.6	17
Sesame seeds	17%	180	0.6	17	Trail mix, regular	9%	92	0.8	22
Menhaden oil	17%	345	0.4	11	Pumpkin and squash seeds	9%	98	0.8	22
Pumpkin/squash seeds	17%	187	0.7	19	Tempeh	9%	186	1.8	52
Peanut oil	16%	25	0.4	11	Almond oil	9%	61	0.4	11
Sardine oil	16%	298	0.4	11	Vanilla frosting	9%	-20	0.8	24
Beechnuts, dried	16%	64	0.6	17	Soyburger	8%	171	1.8	52
Potato sticks	16%	54	0.7	19	Salmon	8%	452	1.9	55
Canola oil	15%	43	0.4	11	Sprouted alfalfa seeds	8%	496	15.3	435
Cheese-flavor corn twists	15%	39	0.6	18	Toasted wheat germ	8%	521	0.9	26

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Herring oil	8%	141	0.4	11	Olive oil	5%	43	0.4	11
Egg biscuit	8%	59	1.3	36	Hazelnut oil	5%	71	0.4	11
Oegano, dried	8%	519	1.2	33	Mustard seed	5%	222	0.8	21
Infant formula, SIMILAC	8%	96	5.3	152	All-Bran with fiber	5%	1098	1.8	52
Commercial bisquits	8%	59	1.0	27	Grape leaves	5%	998	3.8	108
Manhattan clam chowder	8%	201	5.8	164	Spearmint, dried	5%	762	1.2	35
Wheat germ, crude	8%	416	1.0	28	Avocados raw	5%	142	2.2	63
Shad	8%	327	1.8	51	Chicken, liver	5%	983	3.0	86
Atlantic mackerel	7%	450	1.7	49	Oat bran	5%	330	1.4	41
Marjoram, dried	7%	659	1.3	37					
Miso	7%	54	1.8	50					
Frankfurter, chicken	7%	55	1.4	39					
Turkey wings	7%	143	1.7	48					
Oat bran muffins	7%	138	1.3	37					
Avocado oil	7%	29	0.4	11					
Quail	7%	101	1.5	43					
Pink salmon, canned	7%	548	2.5	72					
Soy milk	7%	274	6.8	192					
Tuna, canned in oil	7%	279	1.8	51					
Basil	7%	1751	13.1	370					
Yellow mustard	6%	298	5.3	149					
Oysters	6%	2266	5.2	147					
Cashew nuts, raw	6%	128	0.6	18					
Avocados	6%	130	2.9	83					
Cashew nuts, roasted	6%	110	0.6	17					
Toasted Wheat Bran	6%	819	1.8	50					
Capers, canned	6%	-147	15.3	435					
Egg yolk	6%	38	1.1	31					
Tomatillos	6%	212	11.0	313					
Arugula	6%	825	14.1	400					
Turkey leg, meat and skin	6%	224	2.4	69					
Hazelnuts or filberts	6%	162	0.6	16					
Taragon, dried	6%	434	1.2	34					
Anchovies	6%	450	2.7	76					
Dove, Squab	6%	114	1.6	46					
Chicken liver, canned	6%	261	1.8	50					
Trout	6%	370	2.4	67					
Granola bars, plain	5%	58	0.8	23					