

Foods highest in

Threonine*

"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

4.704 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>
Watercress	26%	2843	32.1	909	Swordfish	15%	388	2.9	83
Seaweed, spirulina	25%	596	13.6	385	Turkey, dark meat	15%	270	2.8	80
Orange roughy	21%	380	4.6	132	Fresh tuna	15%	509	1.9	54
Tuna, canned in water	20%	473	3.0	86	Beef tip round, lean, choice	15%	295	2.7	77
Northern pike	20%	365	4.0	114	Bluefish	15%	421	2.8	81
Ling	20%	361	4.1	115	Pork chops, lean boneless	15%	288	2.5	71
Dolphinfish	20%	377	4.1	118	Ham	15%	297	2.6	74
Cod fish	20%	343	3.4	95	Lean pork	15%	291	2.5	70
Haddock	20%	365	3.1	89	Anchovies	14%	450	2.7	76
Perch	20%	380	3.9	110	Pork liver	14%	1241	2.6	75
Soy protein isolate	20%	331	1.0	30	Chicken, dark meat	14%	249	2.8	80
Pollock	20%	441	3.8	109	Beef, top sirloin lean	14%	289	2.7	76
Grouper	20%	360	3.8	109	Trout	14%	370	2.4	67
Turkey, light meat	19%	317	3.1	87	Mackerel, canned	14%	458	2.3	64
Flounder	19%	386	3.9	110	Tuna, canned in oil	14%	279	1.8	51
Deer meat	19%	364	2.9	83	Beef liver	14%	1808	2.6	74
Whiting	19%	377	3.0	86	Lean beef, chuck	13%	278	2.5	72
Egg white	18%	327	6.8	192	Chicken, liver	13%	983	3.0	86
Chicken, light meat	18%	315	3.1	88	Pink salmon, canned	13%	548	2.5	72
Wild rabbit	18%	236	3.1	88	Veal liver	13%	2093	2.5	71
Lobster	18%	417	3.9	111	Sprouted kidney beans, cooked	13%	545	10.7	303
Crab	18%	590	4.1	115	Salmon	13%	452	1.9	55
Monkfish	18%	334	4.6	132	Beef round, 1/4" fat	13%	242	1.8	52
Farm-raised crayfish	18%	383	4.9	139	Sprouted kidney beans	13%	610	12.2	345
Halibut	18%	389	3.2	91	Turkey leg, meat and skin	13%	224	2.4	69
Scallops	17%	316	4.0	114	Mussels	13%	777	4.1	116
Striped bass	17%	436	3.6	103	Beef, round, lean	13%	218	1.5	44
Tilefish	17%	396	3.7	104	Tofu, firm	12%	277	5.0	143
Shrimp	16%	382	3.3	94	Sprouted alfalfa seeds	12%	496	15.3	435
Catfish	16%	316	3.4	95	Top loin pork roast	12%	207	1.6	44
Cottage cheese, 1% fat	16%	227	4.9	139	Spinach	11%	2601	15.3	435
Clams	16%	1591	4.8	135	White mushrooms	10%	629	16.0	455
Swamp cabbage	16%	1506	18.6	526	Broccoli raab	10%	1267	16.0	455

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Spinach, canned	10%	1280	18.6	526	Broccoli stalks	7%	764	12.6	357
Carrots	10%	1011	8.6	244	Toasted wheat germ	7%	521	0.9	26
Non-fat dry milk w vit A	10%	218	1.0	28	Sprouted lentils, cooked	7%	222	3.5	99
Oysters	9%	2266	5.2	147	Bamboo shoots	7%	393	13.1	370
Tofu, extra firm	9%	261	3.9	110	Sprouted lentils	7%	231	3.3	94
Swiss chard	9%	2849	18.6	526	Gelatin desserts, dry mix	7%	108	1.0	29
Fortified skim milk	9%	263	8.6	244	Spearmint, fresh	7%	838	8.0	227
Chives	9%	1205	11.8	333	Romano cheese	6%	108	0.9	26
Yogurt, fat free	9%	213	6.3	179	Frankfurter, turkey	6%	71	1.6	44
Tempeh	9%	186	1.8	52	Red leaf lettuce	6%	1603	22.0	625
Sprouted soybeans	9%	271	2.9	82	Chicken liver, canned	6%	261	1.8	50
Turkey wings	9%	143	1.7	48	Kidney beans	6%	217	1.1	30
Sprouted soybeans, cooked	9%	296	4.4	123	Ricotta cheese	6%	94	2.0	57
Oyster mushrooms	9%	429	10.1	286	Beet greens	6%	1964	16.0	455
Whole duck egg	8%	83	1.9	54	Endive	6%	1482	20.7	588
Atlantic mackerel	8%	450	1.7	49	Kale	6%	1747	7.1	200
Green leaf lettuce	8%	1957	23.5	667	Cranberry beans	6%	224	1.1	30
Hard-boiled egg	8%	98	2.3	65	Cauliflower	6%	566	14.1	400
Egg, whole	8%	123	2.5	70	Collards	6%	1611	11.8	333
Basil	8%	1751	13.1	370	Spearmint, dried	6%	762	1.2	35
Sprouted navy beans	8%	360	5.3	149	Tofu	6%	98	3.0	86
Soybeans	8%	264	0.8	24	Lentils	6%	229	1.0	28
Sprouted navy beans, cooked	8%	320	4.5	128	Provolone cheese	6%	100	1.0	28
Lambquarters, raw	8%	1219	8.2	233	Brussels sprouts	6%	692	8.2	233
Ricotta cheese, skim	8%	139	2.6	72	Mustard greens	6%	2403	13.6	385
Chinese cabbage (bok choy)	8%	1749	27.1	769	Sprouted mung beans, cooked	6%	397	16.8	476
Shad	8%	327	1.8	51	Purslane	6%	855	22.0	625
Seaweed, wakame	8%	562	7.8	222	Swiss cheese	6%	125	0.9	26
Mozzarella cheese, skim	8%	136	1.4	39	Fava beans	6%	218	1.0	29
Sprouted pinto beans	8%	334	5.7	161	Great northern beans	6%	218	1.0	29
Sprouted pinto beans, cooked	8%	299	16.0	455	Soy milk	6%	274	6.8	192
Soybeans, green	7%	239	2.4	68	Wheat germ, crude	6%	416	1.0	28
Parsley	7%	2925	9.8	278	Yellow beans	6%	211	1.0	29
Parmesan cheese, grated	7%	118	0.8	23	Black beans	6%	198	1.0	29
Asparagus	7%	586	14.1	400	White beans	6%	214	1.0	30
Parmesan cheese	7%	124	0.9	26	Portabella mushrooms	6%	593	13.6	385
Beef, ground,15% fat	7%	138	1.6	47	Roquefort cheese	6%	71	1.0	27
Pork skins	7%	66	0.6	18	Gouda cheese	6%	97	1.0	28

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Sprouted mung beans	6%	395	11.8	333
Broccoli	6%	748	10.4	294
Tofu, fried	5%	155	1.3	37
Yellow mustard	5%	298	5.3	149
Pink beans	5%	206	1.0	29
Lima beans	5%	252	3.1	88
Turnip greens	5%	1791	11.0	313
Split peas	5%	192	1.0	29
Bacon, cooked	5%	95	0.6	18
Green beans	5%	393	11.4	323
Romaine lettuce	5%	1566	20.7	588
Goat cheese	5%	93	0.8	22
Peas	5%	285	4.4	123
Sheep milk	5%	110	3.3	93
Sprouted peas, cooked	5%	160	3.6	102
Muenster cheese	5%	84	1.0	27
Feta cheese	5%	85	1.3	38
Miso	5%	54	1.8	50
Link sausage, smoked	5%	82	0.9	26
Whole milk 3.25% fat	5%	123	5.9	167
Goat milk	5%	97	5.1	145
Podded peas	5%	492	8.4	238

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