

Foods highest in

Tryptophan*

"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

1.22 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>
Seaweed, spirulina	30%	596	13.6	385	Beef liver	16%	1808	2.6	74
Soy protein isolate	27%	331	1.0	30	Clams	16%	1591	4.8	135
Lobster	24%	417	3.9	111	Cottage cheese, 1% fat	16%	227	4.9	139
Crab	24%	590	4.1	115	Ham	16%	297	2.6	74
Farm-raised crayfish	24%	383	4.9	139	Lean pork	16%	291	2.5	70
Watercress	22%	2843	32.1	909	Chicken, dark meat	15%	249	2.8	80
Shrimp	22%	382	3.3	94	Swordfish	15%	388	2.9	83
Wild rabbit	21%	236	3.1	88	Turkey, dark meat	15%	270	2.8	80
Tuna, canned in water	20%	473	3.0	86	Fresh tuna	15%	509	1.9	54
Northern pike	20%	365	4.0	114	Beef tip round, lean, choice	15%	295	2.7	77
Ling	20%	361	4.1	115	Bluefish	15%	421	2.8	81
Cod fish	20%	343	3.4	95	Tofu, firm	14%	277	5.0	143
Dolphinfish	20%	377	4.1	118	Chicken Broth 1% fat	14%	17	88.2	2500
Haddock	20%	365	3.1	89	Anchovies	14%	450	2.7	76
Orange roughy	20%	380	4.6	132	Trout	14%	370	2.4	67
Egg white	20%	327	6.8	192	Spinach	14%	2601	15.3	435
Perch	20%	380	3.9	110	Tofu, extra firm	14%	261	3.9	110
Chicken, light meat	19%	315	3.1	88	Mackerel, canned	14%	458	2.3	64
Pollock	19%	441	3.8	109	Tuna, canned in oil	13%	279	1.8	51
Grouper	19%	360	3.8	109	Top loin pork roast	13%	207	1.6	44
Turkey, light meat	19%	317	3.1	87	Pink salmon, canned	13%	548	2.5	72
Flounder	19%	386	3.9	110	Beet greens	13%	1964	16.0	455
Whiting	19%	377	3.0	86	White mushrooms	13%	629	16.0	455
Pork liver	18%	1241	2.6	75	Salmon	13%	452	1.9	55
Scallops	18%	316	4.0	114	Mussels	13%	777	4.1	116
Monkfish	17%	334	4.6	132	Turkey leg, meat and skin	12%	224	2.4	69
Halibut	17%	389	3.2	91	Beef, round, lean	12%	218	1.5	44
Striped bass	17%	436	3.6	103	Sprouted kidney beans	12%	610	12.2	345
Tilefish	17%	396	3.7	104	Chicken, liver	12%	983	3.0	86
Catfish	16%	316	3.4	95	Sprouted kidney beans, cooked	12%	545	10.7	303
Pork chops, lean boneless	16%	288	2.5	71	Spinach, canned	12%	1280	18.6	526
Veal liver	16%	2093	2.5	71	Chia seeds, dried	12%	109	0.7	20
Broccoli raab	16%	1267	16.0	455	Basil	12%	1751	13.1	370

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Non-fat dry milk w vit A	12%	218	1.0	28	Lean beef, chuck	8%	278	2.5	72
Whole duck egg	12%	83	1.9	54	Broccoli stalks	8%	764	12.6	357
Red leaf lettuce	11%	1603	22.0	625	Collards	8%	1611	11.8	333
Fortified skim milk	11%	263	8.6	244	Turkey wings	8%	143	1.7	48
Oat bran	11%	330	1.4	41	Chicken noodle soup	8%	126	6.7	189
Chicory greens	11%	1726	15.3	435	Atlantic mackerel	8%	450	1.7	49
Mozzarella cheese, skim	11%	136	1.4	39	Beef round, 1/4" fat	8%	242	1.8	52
Sprouted mung beans, cooked	11%	397	16.8	476	Tempeh	8%	186	1.8	52
Wheat bran, crude	11%	677	1.6	46	Bamboo shoots	8%	393	13.1	370
Sprouted soybeans	11%	271	2.9	82	Tofu, fried	8%	155	1.3	37
Soybeans	10%	264	0.8	24	Gouda cheese	8%	97	1.0	28
Sprouted soybeans, cooked	10%	296	4.4	123	Hard-boiled egg	8%	98	2.3	65
Whole milk 3.25% fat	10%	123	5.9	167	Provolone cheese	8%	100	1.0	28
Parsley	10%	2925	9.8	278	Broccoli	8%	748	10.4	294
Sprouted mung beans	10%	395	11.8	333	Chicken liver, canned	8%	261	1.8	50
Chives	10%	1205	11.8	333	Shad	8%	327	1.8	51
Parmesan cheese	10%	124	0.9	26	Brie cheese	8%	81	1.1	30
Parmesan cheese, grated	10%	118	0.8	23	Soy milk	8%	274	6.8	192
Oyster mushrooms	10%	429	10.1	286	Sprouted navy beans	8%	360	5.3	149
Portabella mushrooms	10%	593	13.6	385	Milk 1% with vitamin A	8%	206	8.4	238
Egg, whole	10%	123	2.5	70	Sprouted navy beans, cooked	8%	320	4.5	128
Oysters	10%	2266	5.2	147	Ricotta cheese, skim	8%	139	2.6	72
Chinese cabbage (bok choy)	9%	1749	27.1	769	Swiss chard	7%	2849	18.6	526
Mustard greens	9%	2403	13.6	385	Muenster cheese	7%	84	1.0	27
Spearmint, fresh	9%	838	8.0	227	Sprouted pinto beans	7%	334	5.7	161
Thyme, fresh	9%	695	3.5	99	Blue cheese	7%	78	1.0	28
Mustard seed	9%	222	0.8	21	Limburger cheese	7%	91	1.1	31
Seaweed, kelp	9%	429	8.2	233	Lambsquarters, raw	7%	1219	8.2	233
Romano cheese	9%	108	0.9	26	Wheat germ, crude	7%	416	1.0	28
Pumpkin/squash seeds	9%	187	0.7	19	Dried basil	7%	866	1.4	40
Beef, top sirloin lean	9%	289	2.7	76	Purslane	7%	855	22.0	625
Tofu	9%	98	3.0	86	Malted milk, chocolate	7%	86	4.1	118
Asparagus	9%	586	14.1	400	Sprouted pinto beans, cooked	7%	299	16.0	455
Spearmint, dried	9%	762	1.2	35	American cheese	7%	64	0.9	27
Soybeans, green	9%	239	2.4	68	Brussels sprouts	7%	692	8.2	233
Swiss cheese	9%	125	0.9	26	Chocolate-flavor milk	7%	96	4.1	118
Toasted wheat germ	9%	521	0.9	26	All-Bran Original	7%	1025	1.4	38
Cauliflower	9%	566	14.1	400	Monterey cheese	7%	87	0.9	27

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Kidney beans	7%	217	1.1	30	Lotus seeds raw	5%	156	4.0	112
Peppermint, fresh	7%	556	5.0	143	Chili peppers	5%	693	8.8	250
Roquefort cheese	7%	71	1.0	27	Garlic powder	5%	141	1.1	30
Cranberry beans	7%	224	1.1	30	Iceberg lettuce	5%	410	25.2	714
Turnip greens	7%	1791	11.0	313	Podded peas	5%	492	8.4	238
Split peas	7%	192	1.0	29	Goat milk	5%	97	5.1	145
Milk 2% with vitamin A	7%	162	7.1	200	Zucchini	5%	553	22.0	625
Kale	7%	1747	7.1	200	Green beans	5%	393	11.4	323
Lima beans	7%	252	3.1	88	Sunflower seed kernels	5%	220	0.6	18
Cheddar cheese	7%	80	0.9	25					
Miso	6%	54	1.8	50					
Seaweed, wakame	6%	562	7.8	222					
Sheep milk	6%	110	3.3	93					
Colby cheese	6%	79	0.9	25					
Great northern beans	6%	218	1.0	29					
Feta cheese	6%	85	1.3	38					
Yellow beans	6%	211	1.0	29					
Black beans	6%	198	1.0	29					
Mung beans	6%	218	1.0	29					
White beans	6%	214	1.0	30					
Fennel seed	6%	321	1.0	29					
Caraway seeds	6%	254	1.1	30					
Pumpkin and squash seeds	6%	98	0.8	22					
Navy beans	6%	218	1.0	29					
Fava beans	6%	218	1.0	29					
Pink beans	6%	206	1.0	29					
Ricotta cheese	6%	94	2.0	57					
Evaporated milk	6%	83	2.6	75					
Lentils	6%	229	1.0	28					
Goat cheese	6%	93	0.8	22					
Watermelon seeds, dried	6%	120	0.6	18					
Summer squash	6%	546	22.0	625					
New England clam chowder	6%	276	5.0	143					
Pinto beans	6%	206	1.0	29					
Sesame seeds	6%	180	0.6	17					
Thyme, dried	6%	869	1.3	36					
Whey, acid	5%	147	14.7	417					
Lotus seeds, dried	5%	156	1.1	30					