

Foods highest in

Tyrosine

"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>
Seaweed, spirulina	12%	596	13.6	385	Veal liver	7%	2093	2.5	71
Soy protein isolate	12%	331	1.0	30	Chicken, liver	7%	983	3.0	86
Cottage cheese, 1% fat	11%	227	4.9	139	Clams	7%	1591	4.8	135
Egg white	11%	327	6.8	192	Mozzarella cheese, skim	7%	136	1.4	39
Turkey, light meat	10%	317	3.1	87	Swordfish	7%	388	2.9	83
Orange roughy	9%	380	4.6	132	Mustard greens	7%	2403	13.6	385
Tuna, canned in water	9%	473	3.0	86	Fresh tuna	7%	509	1.9	54
Northern pike	9%	365	4.0	114	Beef tip round, lean, choice	7%	295	2.7	77
Ling	9%	361	4.1	115	Bluefish	7%	421	2.8	81
Dolphinfish	9%	377	4.1	118	Pork liver	7%	1241	2.6	75
Cod fish	9%	343	3.4	95	Chicken, dark meat	7%	249	2.8	80
Haddock	9%	365	3.1	89	Parmesan cheese, grated	7%	118	0.8	23
Perch	9%	380	3.9	110	Pork chops, lean boneless	7%	288	2.5	71
Pollock	9%	441	3.8	109	Beef, top sirloin lean	7%	289	2.7	76
Grouper	9%	360	3.8	109	Turkey leg, meat and skin	6%	224	2.4	69
Flounder	9%	386	3.9	110	Ham	6%	297	2.6	74
Lobster	8%	417	3.9	111	Anchovies	6%	450	2.7	76
Crab	8%	590	4.1	115	Tofu, firm	6%	277	5.0	143
Chicken, light meat	8%	315	3.1	88	Lean pork	6%	291	2.5	70
Farm-raised crayfish	8%	383	4.9	139	Yogurt, fat free	6%	213	6.3	179
Whiting	8%	377	3.0	86	Trout	6%	370	2.4	67
Wild rabbit	8%	236	3.1	88	Parmesan cheese	6%	124	0.9	26
Deer meat	8%	364	2.9	83	Lean beef, chuck	6%	278	2.5	72
Monkfish	8%	334	4.6	132	Sprouted kidney beans, cooked	6%	545	10.7	303
Halibut	8%	389	3.2	91	Mackerel, canned	6%	458	2.3	64
Shrimp	8%	382	3.3	94	Sprouted kidney beans	6%	610	12.2	345
Turkey, dark meat	8%	270	2.8	80	Tuna, canned in oil	6%	279	1.8	51
Striped bass	8%	436	3.6	103	Beef round, 1/4" fat	6%	242	1.8	52
Tilefish	8%	396	3.7	104	Non-fat dry milk w vit A	6%	218	1.0	28
Scallops	7%	316	4.0	114	Pink salmon, canned	6%	548	2.5	72
Beef liver	7%	1808	2.6	74	Salmon	6%	452	1.9	55
Catfish	7%	316	3.4	95	Spinach	6%	2601	15.3	435
Watercress	7%	2843	32.1	909	Fortified skim milk	6%	263	8.6	244

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Romano cheese	6%	108	0.9	26
Beef, round, lean	6%	218	1.5	44
Swiss cheese	5%	125	0.9	26
Top loin pork roast	5%	207	1.6	44
Mussels	5%	777	4.1	116
Provolone cheese	5%	100	1.0	28
Ricotta cheese, skim	5%	139	2.6	72
Swamp cabbage	5%	1506	18.6	526
Spinach, canned	5%	1280	18.6	526

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