

Foods highest in

Valine*

"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

5.575 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>
Egg white	28%	327	6.8	192	Deer meat	16%	364	2.9	83
Seaweed, spirulina	25%	596	13.6	385	Chicken, liver	15%	983	3.0	86
Watercress	22%	2843	32.1	909	Turkey, dark meat	15%	270	2.8	80
Soy protein isolate	22%	331	1.0	30	Yogurt, fat free	15%	213	6.3	179
Tuna, canned in water	20%	473	3.0	86	Swordfish	15%	388	2.9	83
Northern pike	20%	365	4.0	114	Pork chops, lean boneless	15%	288	2.5	71
Ling	20%	361	4.1	115	Fresh tuna	15%	509	1.9	54
Dolphinfish	20%	377	4.1	118	Beef, top sirloin lean	15%	289	2.7	76
Cod fish	20%	343	3.4	95	Scallops	15%	316	4.0	114
Haddock	20%	365	3.1	89	Bluefish	15%	421	2.8	81
Perch	20%	380	3.9	110	Ham	15%	297	2.6	74
Pollock	20%	441	3.8	109	Lean pork	15%	291	2.5	70
Turkey, light meat	20%	317	3.1	87	Anchovies	14%	450	2.7	76
Grouper	19%	360	3.8	109	Chicken, dark meat	14%	249	2.8	80
Flounder	19%	386	3.9	110	Beef tip round, lean, choice	14%	295	2.7	77
Cottage cheese, 1% fat	19%	227	4.9	139	Trout	14%	370	2.4	67
White mushrooms	19%	629	16.0	455	Lean beef, chuck	14%	278	2.5	72
Whiting	19%	377	3.0	86	Mackerel, canned	14%	458	2.3	64
Orange roughy	19%	380	4.6	132	Beef round, 1/4" fat	14%	242	1.8	52
Chicken, light meat	18%	315	3.1	88	Tuna, canned in oil	14%	279	1.8	51
Pork liver	18%	1241	2.6	75	Clams	14%	1591	4.8	135
Lobster	18%	417	3.9	111	Sprouted kidney beans, cooked	13%	545	10.7	303
Monkfish	18%	334	4.6	132	Sprouted kidney beans	13%	610	12.2	345
Crab	18%	590	4.1	115	Pink salmon, canned	13%	548	2.5	72
Halibut	17%	389	3.2	91	Salmon	13%	452	1.9	55
Wild rabbit	17%	236	3.1	88	Turkey leg, meat and skin	13%	224	2.4	69
Farm-raised crayfish	17%	383	4.9	139	Swamp cabbage	13%	1506	18.6	526
Striped bass	17%	436	3.6	103	Spinach	13%	2601	15.3	435
Tilefish	17%	396	3.7	104	Broccoli raab	12%	1267	16.0	455
Beef liver	17%	1808	2.6	74	Top loin pork roast	12%	207	1.6	44
Catfish	16%	316	3.4	95	Non-fat dry milk w vit A	12%	218	1.0	28
Veal liver	16%	2093	2.5	71	Beef, round, lean	12%	218	1.5	44
Shrimp	16%	382	3.3	94	Tofu, firm	12%	277	5.0	143

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Podded peas	12%	492	8.4	238	Sprouted mung beans, cooked	8%	397	16.8	476
Fortified skim milk	12%	263	8.6	244	Asparagus	8%	586	14.1	400
Sprouted alfalfa seeds	11%	496	15.3	435	Broccoli stalks	8%	764	12.6	357
Spinach, canned	11%	1280	18.6	526	Oysters	8%	2266	5.2	147
Parmesan cheese	11%	124	0.9	26	Pork skins	8%	66	0.6	18
Mussels	11%	777	4.1	116	Shad	8%	327	1.8	51
Egg, whole	11%	123	2.5	70	Blue cheese	8%	78	1.0	28
Mozzarella cheese, skim	11%	136	1.4	39	Limburger cheese	8%	91	1.1	31
Portabella mushrooms	11%	593	13.6	385	Monterey cheese	8%	87	0.9	27
Parmesan cheese, grated	11%	118	0.8	23	Soybeans	8%	264	0.8	24
Swiss chard	10%	2849	18.6	526	Roquefort cheese	8%	71	1.0	27
Romano cheese	10%	108	0.9	26	Gelatin desserts, dry mix	8%	108	1.0	29
Swiss cheese	10%	125	0.9	26	Milk 2% with vitamin A	8%	162	7.1	200
Oyster mushrooms	10%	429	10.1	286	Sprouted pinto beans	8%	334	5.7	161
Tofu, extra firm	10%	261	3.9	110	Sprouted mung beans	8%	395	11.8	333
Lambsquarters, raw	9%	1219	8.2	233	Sprouted pinto beans, cooked	8%	299	16.0	455
Milk 1% with vitamin A	9%	206	8.4	238	Chicken liver, canned	8%	261	1.8	50
Sprouted soybeans	9%	271	2.9	82	Beef, ground,15% fat	8%	138	1.6	47
Chinese cabbage (bok choy)	9%	1749	27.1	769	Sheep milk	7%	110	3.3	93
Pumpkin/squash seeds	9%	187	0.7	19	Cheddar cheese	7%	80	0.9	25
Gouda cheese	9%	97	1.0	28	Mustard greens	7%	2403	13.6	385
Ricotta cheese, skim	9%	139	2.6	72	Feta cheese	7%	85	1.3	38
Sprouted soybeans, cooked	9%	296	4.4	123	Muenster cheese	7%	84	1.0	27
Hard-boiled egg	9%	98	2.3	65	Colby cheese	7%	79	0.9	25
Turkey wings	9%	143	1.7	48	Brie cheese	7%	81	1.1	30
Chives	9%	1205	11.8	333	Collards	7%	1611	11.8	333
Whole duck egg	9%	83	1.9	54	Ricotta cheese	7%	94	2.0	57
Parsley	9%	2925	9.8	278	Cauliflower	7%	566	14.1	400
Tempeh	9%	186	1.8	52	Toasted wheat germ	7%	521	0.9	26
Sprouted navy beans	8%	360	5.3	149	Lentils	7%	229	1.0	28
Yogurt, plain, whole milk	8%	104	5.8	164	Purslane	7%	855	22.0	625
Basil	8%	1751	13.1	370	Bamboo shoots	7%	393	13.1	370
Atlantic mackerel	8%	450	1.7	49	Oat bran	7%	330	1.4	41
Provolone cheese	8%	100	1.0	28	Soybeans, green	7%	239	2.4	68
Green leaf lettuce	8%	1957	23.5	667	Sprouted lentils, cooked	7%	222	3.5	99
Sprouted navy beans, cooked	8%	320	4.5	128	Lima beans	7%	252	3.1	88
Goat cheese	8%	93	0.8	22	Sprouted lentils	7%	231	3.3	94
Seaweed, wakame	8%	562	7.8	222	Spearmint, fresh	7%	838	8.0	227

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Endive	7%	1482	20.7	588	Lotus seeds raw	5%	156	4.0	112
Kidney beans	7%	217	1.1	30	Lotus seeds, dried	5%	156	1.1	30
Broccoli	7%	748	10.4	294	Beet greens	5%	1964	16.0	455
Dill seed	7%	250	1.2	33	Egg yolk	5%	38	1.1	31
Navy beans	7%	218	1.0	29	Soy milk	5%	274	6.8	192
Kale	6%	1747	7.1	200	Okra	5%	671	11.4	323
Brussels sprouts	6%	692	8.2	233	Yellow mustard	5%	298	5.3	149
Cranberry beans	6%	224	1.1	30	Sprouted peas, cooked	5%	160	3.6	102
Dill weed	6%	1166	8.2	233	Green beans	5%	393	11.4	323
Mung beans	6%	218	1.0	29	Peas	5%	285	4.4	123
Tofu	6%	98	3.0	86	Pinto beans	5%	206	1.0	29
American cheese	6%	64	0.9	27	Dried basil	5%	866	1.4	40
Spearmint, dried	6%	762	1.2	35	Mustard seed	5%	222	0.8	21
Goat milk	6%	97	5.1	145	Watermelon seeds, dried	5%	120	0.6	18
Bacon, cooked	6%	95	0.6	18	Rice bran	5%	600	1.1	32
Fava beans	6%	218	1.0	29					
Evaporated milk	6%	83	2.6	75					
Split peas	6%	192	1.0	29					
Zucchini	6%	553	22.0	625					
Great northern beans	6%	218	1.0	29					
Wheat bran, crude	6%	677	1.6	46					
Chicory greens	6%	1726	15.3	435					
Pumpkin and squash seeds	6%	98	0.8	22					
Yellow beans	6%	211	1.0	29					
Wheat germ, crude	6%	416	1.0	28					
Black beans	6%	198	1.0	29					
Summer squash	6%	546	22.0	625					
White beans	6%	214	1.0	30					
Romaine lettuce	6%	1566	20.7	588					
Whole milk 3.25% fat	6%	123	5.9	167					
Tofu, fried	6%	155	1.3	37					
Pink beans	6%	206	1.0	29					
Turnip greens	6%	1791	11.0	313					
Caraway seeds	6%	254	1.1	30					
Adzuki beans	6%	216	1.1	30					
Thyme, fresh	5%	695	3.5	99					
Coffee, brewed	5%	1132	352.7	10000					
Red leaf lettuce	5%	1603	22.0	625					