

Most Nutritious Foods by Total Score

"Net Score" is the sum of proteins, aminos, vitamins, minerals, fiber, omega-3 and monounsaturated fats ...minus saturated and trans fats, cholesterol, sodium, sugar, caffeine and alcohol.

| Food | Net Score | oz | Food | Net Score | oz | Food | Net Score | oz |
|-----------------------------|-----------|------|-------------------------------|-----------|------|-----------------------------|-----------|------|
| Watercress | 1096 | 32.1 | Spinach, canned | 690 | 18.6 | Paprika | 498 | 1.2 |
| TOTAL cereal | 1084 | 1.1 | Boston lettuce | 687 | 27.1 | Sprouted alfalfa seeds | 496 | 15.3 |
| COMPLETE Wheat Bran | 1072 | 1.1 | Parsley, dried | 676 | 1.3 | Broccoli stalks | 494 | 12.6 |
| Spinach | 1070 | 15.3 | Lambquarters, raw | 673 | 8.2 | KELLOGG'S SPECIAL K | 485 | 0.9 |
| Complete Oat Bran Flakes | 1056 | 1.0 | ALL-BRAN BUDS | 661 | 1.4 | Red bell peppers | 484 | 13.6 |
| Chicory greens | 962 | 15.3 | TOTAL Raisin Bran | 648 | 1.1 | Tuna, canned in water | 473 | 3.0 |
| TOTAL Corn Flakes | 953 | 0.9 | Okra | 632 | 11.4 | Sage | 473 | 1.1 |
| Beet greens | 931 | 16.0 | White mushrooms | 629 | 16.0 | Grape leaves | 472 | 3.8 |
| Basil | 916 | 13.1 | Dandelion greens | 628 | 7.8 | Cauliflower | 460 | 14.1 |
| Multi-Grain Cheerios | 898 | 0.9 | Kale | 621 | 7.1 | Mackerel, canned | 458 | 2.3 |
| Coriander (cilantro) leaves | 896 | 15.3 | Thyme, fresh | 619 | 3.5 | Salmon | 452 | 1.9 |
| Broccoli raab | 887 | 16.0 | Spearmint, dried | 617 | 1.2 | Dill weed, dried | 451 | 1.4 |
| Mustard greens | 878 | 13.6 | Portabella mushrooms | 593 | 13.6 | Savory | 450 | 1.3 |
| Swiss chard | 873 | 18.6 | SMART START Cereal | 593 | 1.0 | Atlantic mackerel | 450 | 1.7 |
| Endive | 858 | 20.7 | Marjoram, dried | 589 | 1.3 | Anchovies | 450 | 2.7 |
| ALL-BRAN with fiber | 851 | 1.8 | Thyme, dried | 589 | 1.3 | Cod liver oil | 449 | 0.4 |
| Chinese cabbage (bok choy) | 850 | 27.1 | Asparagus | 586 | 14.1 | Pimento, canned | 443 | 15.3 |
| Turnip greens | 846 | 11.0 | Seaweed, spirulina | 581 | 13.6 | Pollock | 441 | 3.8 |
| Parsley | 823 | 9.8 | Red leaf lettuce | 574 | 22.0 | Striped bass | 436 | 3.6 |
| Oysters | 820 | 5.2 | Mussels | 573 | 4.1 | WHEATIES | 436 | 1.0 |
| Balsam-pear (bitter gourd) | 812 | 11.8 | Clams | 573 | 4.8 | Podded peas | 434 | 8.4 |
| Pork liver | 795 | 2.6 | Italian (Crimini) mushrooms | 568 | 13.1 | Cabbage | 433 | 14.1 |
| ALL-BRAN Original | 777 | 1.4 | Sprouted kidney beans | 561 | 12.2 | Oyster mushrooms | 429 | 10.1 |
| Beef liver | 765 | 2.6 | Broccoli | 557 | 10.4 | Seaweed, kelp | 424 | 8.2 |
| Chives | 764 | 11.8 | Wheat bran, crude | 545 | 1.6 | Celery | 422 | 22.0 |
| Dill weed | 760 | 8.2 | SMART START Soy Protein | 541 | 1.0 | Bluefish | 421 | 2.8 |
| Green leaf lettuce | 751 | 23.5 | Toasted Wheat Bran | 541 | 1.8 | Lobster | 417 | 3.9 |
| Purslane | 745 | 22.0 | Pink salmon, canned | 536 | 2.5 | Taragon, dried | 417 | 1.2 |
| Dried basil | 738 | 1.4 | Brussels sprouts | 535 | 8.2 | Tomatoes, ripe | 416 | 19.6 |
| Collards | 730 | 11.8 | Zucchini | 535 | 22.0 | Iceberg lettuce | 410 | 25.2 |
| Chicken, liver | 727 | 3.0 | Peppermint, fresh | 535 | 5.0 | Chili powder | 408 | 1.1 |
| Romaine lettuce | 725 | 20.7 | Summer squash | 528 | 22.0 | Salmon oil | 407 | 0.4 |
| Coriander leaf, dried | 725 | 1.3 | Sprouted kidney beans, cooked | 525 | 10.7 | Sprouted mung beans, cooked | 397 | 16.8 |
| Swamp cabbage | 721 | 18.6 | Oegano, dried | 519 | 1.2 | Tilefish | 396 | 3.7 |
| Garden cress | 702 | 11.0 | FIBER ONE | 519 | 1.8 | Sprouted mung beans | 395 | 11.8 |
| Veal liver | 699 | 2.5 | Crab | 518 | 4.1 | Chili peppers | 394 | 8.8 |
| Spearmint, fresh | 694 | 8.0 | Seaweed, wakame | 517 | 7.8 | Toasted wheat germ | 394 | 0.9 |
| Arugula | 691 | 14.1 | Fresh tuna | 509 | 1.9 | Green beans | 393 | 11.4 |
| | | | Rice bran | 504 | 1.1 | Bamboo shoots | 393 | 13.1 |
| | | | | | | Poultry seasoning | 392 | 1.1 |

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|-----------------------|-----------|------|------------------------------|-----------|------|----------------------------|-----------|------|
| Green bell peppers | 391 | 17.6 | Sprouted navy beans, cooked | 320 | 4.5 | Baby oatmeal, dry | 268 | 0.9 |
| Pumpkin | 389 | 13.6 | Turkey, light meat | 317 | 3.1 | Soybeans | 264 | 0.8 |
| Halibut | 389 | 3.2 | Scallops | 316 | 4.0 | Cucumber | 264 | 23.5 |
| Swordfish | 388 | 2.9 | Catfish | 316 | 3.4 | Fortified skim milk | 263 | 8.6 |
| Lemons, with peel | 388 | 17.6 | Black pepper | 316 | 1.4 | Tofu, extra firm | 261 | 3.9 |
| Flounder | 386 | 3.9 | Chicken, light meat | 315 | 3.1 | Chicken liver, canned | 261 | 1.8 |
| Farm-raised crayfish | 383 | 4.9 | Capers, canned | 313 | 15.3 | Ground ginger | 258 | 1.0 |
| Shrimp | 382 | 3.3 | Crushed tomatoes, canned | 310 | 11.0 | Strawberries | 255 | 11.0 |
| Tomato juice | 382 | 20.7 | KELLOGG'S Corn Flakes | 308 | 1.0 | Caraway seeds | 254 | 1.1 |
| Perch | 380 | 3.9 | Celery seeds | 307 | 0.9 | Fennel bulbs | 254 | 11.4 |
| Red-cayenne pepper | 380 | 1.1 | Gourd | 300 | 25.2 | Guavas | 253 | 5.2 |
| Dolphinfish | 377 | 4.1 | Sprouted pinto beans, cooked | 299 | 16.0 | Lima beans | 252 | 3.1 |
| Whiting | 377 | 3.0 | Yellow mustard | 298 | 5.3 | Rutabagas | 251 | 9.8 |
| Trout | 370 | 2.4 | Sardine oil | 298 | 0.4 | Dill seed | 250 | 1.2 |
| CHEERIOS | 368 | 1.0 | Ham | 297 | 2.6 | Chicken, dark meat | 249 | 2.8 |
| Northern pike | 365 | 4.0 | Sprouted soybeans, cooked | 296 | 4.4 | Acerola West Indian cherry | 246 | 11.0 |
| Haddock | 365 | 3.1 | Tomatoes, canned | 296 | 20.7 | Tomato paste | 243 | 4.3 |
| Deer meat | 364 | 2.9 | Beef tip round, lean, choice | 295 | 2.7 | Coriander seed | 242 | 1.2 |
| Ling | 361 | 4.1 | Artichokes | 293 | 7.5 | Papayas | 242 | 9.0 |
| Sprouted navy beans | 360 | 5.3 | Carrots | 291 | 8.6 | Beef round, 1-4in fat | 242 | 1.8 |
| Grouper | 360 | 3.8 | Lean pork | 291 | 2.5 | Soybeans, green | 239 | 2.4 |
| Seaweed, agar | 359 | 13.6 | Beef, top sirloin lean | 289 | 2.7 | Wild rabbit | 236 | 3.1 |
| Shiitake mushrooms | 356 | 1.2 | Pork chops, lean boneless | 288 | 2.5 | Pineapple | 236 | 7.3 |
| Wheat germ, crude | 356 | 1.0 | Blackberries | 285 | 8.2 | Raspberries | 234 | 6.8 |
| Sprouted radish seeds | 355 | 8.2 | Peas | 285 | 4.4 | Cardamom | 233 | 1.1 |
| Kohlrabi | 355 | 13.1 | Ground tumeric | 284 | 1.0 | Saffron | 232 | 1.1 |
| Bay leaf spice | 355 | 1.1 | Tuna, canned in oil | 283 | 1.9 | Sprouted lentils | 231 | 3.3 |
| Orange roughy | 354 | 4.6 | Rosemary, fresh | 281 | 2.7 | Turnips | 231 | 12.6 |
| Radishes | 354 | 22.0 | Tuna, canned in oil | 279 | 1.8 | Lentils | 229 | 1.0 |
| Menhaden oil | 345 | 0.4 | Eggplant | 279 | 14.7 | Cottage cheese, 1% fat | 227 | 4.9 |
| Cod fish | 343 | 3.4 | Cumin seed | 279 | 0.9 | Cranberry beans | 224 | 1.1 |
| Cinnamon | 337 | 1.4 | Lean beef, chuck | 278 | 2.5 | Turkey leg, meat and skin | 224 | 2.4 |
| Monkfish | 334 | 4.6 | Tofu, firm | 277 | 5.0 | Cowpeas (blackeyes) | 223 | 3.9 |
| Sprouted pinto beans | 334 | 5.7 | Cloves | 277 | 1.1 | Mustard seed | 222 | 0.8 |
| Soy protein isolate | 331 | 1.0 | Cantaloupe | 276 | 10.4 | Sprouted lentils, cooked | 222 | 3.5 |
| Oat bran | 330 | 1.4 | Leeks | 274 | 5.8 | Anise seed | 222 | 1.0 |
| Shad | 327 | 1.8 | Lemon peel | 274 | 7.5 | Sunflower seed kernels | 220 | 0.6 |
| Egg white | 327 | 6.8 | Rosemary, dried | 274 | 1.1 | Great northern beans | 218 | 1.0 |
| Raisin Bran Cereal | 325 | 1.1 | Soy milk | 274 | 6.8 | Fava beans | 218 | 1.0 |
| Rhubarb | 325 | 16.8 | Sprouted soybeans | 271 | 2.9 | Non-fat dry milk w vit A | 218 | 1.0 |
| Pumpkin, canned | 324 | 10.4 | Enoki mushrooms | 270 | 8.0 | Kiwi | 218 | 5.8 |
| Curry powder | 323 | 1.1 | Turkey, dark meat | 270 | 2.8 | Beef, round, lean | 218 | 1.5 |
| Fennel seed | 321 | 1.0 | | | | Mung beans | 218 | 1.0 |
| Sauerkraut, canned | 320 | 18.6 | | | | Orange peel | 218 | 3.6 |
| POST 100% BRAN | 320 | 1.2 | | | | | | |

| Food | Net Score | oz | Food | Net Score | oz | Food | Net Score | oz |
|--------------------------|-----------|------|------------------------------|-----------|------|------------------------------|-----------|------|
| Navy beans | 218 | 1.0 | Sprouted wheat | 171 | 1.8 | Semolina, enriched | 137 | 1.0 |
| Kidney beans | 217 | 1.1 | Soyburger | 171 | 1.8 | Butternuts, dried | 137 | 0.6 |
| Adzuki beans | 216 | 1.1 | White pepper | 171 | 1.2 | Spaghetti squash | 137 | 11.4 |
| Lemons | 215 | 12.2 | Oats | 165 | 0.9 | Cheese lasagna | 137 | 2.7 |
| Limes | 214 | 11.8 | Hazelnuts or filberts | 162 | 0.6 | Shredded wheat | 136 | 1.0 |
| White beans | 214 | 1.0 | Milk 2% with vitamin A | 162 | 7.1 | Mozzarella cheese, skim | 136 | 1.4 |
| Garlic | 213 | 2.4 | Sprouted peas, cooked | 160 | 3.6 | Parmesan cheese | 134 | 0.8 |
| Yogurt, fat free | 213 | 6.3 | Black walnuts, dried | 159 | 0.6 | Plain frozen waffles | 133 | 1.1 |
| Tomatillos | 212 | 11.0 | Flaxseeds | 158 | 0.7 | Buckwheat | 131 | 1.0 |
| Cocoa, dry powder | 212 | 1.2 | Japanese chestnuts | 158 | 2.3 | Avocados | 130 | 2.9 |
| Yellow beans | 211 | 1.0 | Japanese chestnuts, dried | 158 | 1.0 | WHEATENA | 130 | 6.3 |
| Sun-dried tomatoes | 211 | 1.4 | Cranberries | 156 | 7.7 | Cashew nuts, raw | 128 | 0.6 |
| Grapefruit | 209 | 11.0 | Lotus seeds, dried | 156 | 1.1 | Quinoa | 128 | 0.9 |
| Top loin pork roast | 207 | 1.6 | Lotus seeds raw | 156 | 4.0 | Wild rice | 128 | 1.0 |
| Pinto beans | 206 | 1.0 | Tofu, fried | 155 | 1.3 | Salsify, (vegetable oyster) | 127 | 4.3 |
| Sweet potato | 206 | 4.1 | Almonds | 154 | 0.6 | Chicken noodle soup | 126 | 6.7 |
| Milk 1% with vitamin A | 206 | 8.4 | Orange juice | 152 | 7.8 | Pistachio nuts | 126 | 0.6 |
| Pink beans | 206 | 1.0 | Pineapple juice w-vit C | 152 | 6.7 | Brown rice | 125 | 1.0 |
| Beets | 205 | 8.2 | Clementines | 151 | 7.5 | Swiss cheese | 125 | 0.9 |
| Gooseberries | 204 | 8.0 | Kumquats | 151 | 5.0 | Chicken vegetable soup | 125 | 5.1 |
| Manhattan clam chowder | 201 | 5.8 | Horseradish | 148 | 7.3 | Pumpernickel bread | 124 | 1.4 |
| Pumpkin pie mix, canned | 201 | 3.4 | Whey, acid | 147 | 14.7 | English muffins w. calcium | 124 | 1.3 |
| Black beans | 198 | 1.0 | Orange juice, fr-concentrate | 147 | 7.8 | Tangerines, mandarin oranges | 124 | 6.7 |
| Caribou liver | 196 | 2.9 | Whole-wheat bread | 147 | 1.4 | Parmesan cheese | 124 | 0.9 |
| Chickpeas (garbanzo) | 194 | 1.0 | Potatoes with skin | 146 | 4.6 | Chinese chestnuts, raw | 123 | 1.6 |
| Poppy seed | 192 | 0.7 | Corn flour, enriched | 145 | 1.0 | Whole milk 3.25% fat | 123 | 5.9 |
| Split peas | 192 | 1.0 | 7-grain bread | 144 | 1.4 | Egg, whole | 123 | 2.5 |
| Brazillnuts, dried | 190 | 0.5 | Baking chocolate | 144 | 0.7 | Bagels, plain | 122 | 1.4 |
| New England clam chowder | 190 | 5.0 | Barley | 143 | 1.0 | Taro | 122 | 3.1 |
| Parsnips | 190 | 4.7 | Turkey wings | 143 | 1.7 | Whey, sweet, dried | 122 | 1.0 |
| Apricots raw | 188 | 7.3 | Peanuts | 142 | 0.6 | Wheat | 121 | 1.0 |
| Mulberries | 188 | 8.2 | Whole duck egg | 142 | 1.9 | MultiGrain Oatmeal | 121 | 1.1 |
| Pumpkin-squash seeds | 187 | 0.7 | Avocados raw | 142 | 2.2 | Watermelon seeds, dried | 120 | 0.6 |
| Tempeh | 186 | 1.8 | GRAPE-NUTS Cereal | 142 | 1.0 | Pork and beans, canned | 120 | 2.7 |
| Orange juice, California | 182 | 8.0 | Garlic powder | 141 | 1.1 | White rice, enriched | 119 | 2.9 |
| Sprouted peas | 180 | 2.8 | Herring oil | 141 | 0.4 | Sour red cherries | 119 | 7.1 |
| Sesame seeds | 180 | 0.6 | Pine nuts, dried | 141 | 0.5 | Parmesan cheese, grated | 118 | 0.8 |
| Oranges | 179 | 7.5 | Ricotta cheese, skim | 139 | 2.6 | Yams | 118 | 3.0 |
| Grapefruit juice | 179 | 9.0 | Sweet yellow corn | 139 | 4.1 | Chinese waterchestnuts | 117 | 3.6 |
| Allspice | 178 | 1.3 | Orange juice,concentrate | 138 | 2.2 | Watermelon | 117 | 11.8 |
| CHEX snack mix | 177 | 0.8 | Oat bran muffins | 138 | 1.3 | Chicken broth w sodium | 116 | 22.0 |
| Durum wheat | 177 | 1.0 | Beef, ground,15% fat | 138 | 1.6 | Mashed potato flakes | 116 | 1.0 |
| Shallots | 176 | 4.9 | Spaghetti, enriched | 138 | 1.0 | Ensure plus | 116 | 2.5 |
| Elderberries | 176 | 4.8 | Bulgur | 137 | 1.0 | | | |

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|-----------------------------|-----------|------|------------------------------|-----------|------|------------------------------|-----------|-----|
| Rice cakes, brown rice | 115 | 0.9 | Infant formula, SIMILAC | 96 | 5.3 | Plums | 72 | 7.7 |
| Dove, Squab | 114 | 1.6 | Chocolate-flavor milk | 96 | 4.1 | Pear nectar, w-vit C | 71 | 5.9 |
| Onions | 113 | 8.8 | Meatball and pasta, canned | 95 | 3.4 | Hazelnut oil | 71 | 0.4 |
| Potatoes, no skin | 113 | 3.8 | Bacon, cooked | 95 | 0.6 | Frankfurter, turkey | 71 | 1.6 |
| Hummus | 113 | 2.1 | Ricotta cheese | 94 | 2.0 | Roquefort cheese | 71 | 1.0 |
| Rye bread | 111 | 1.4 | Goat cheese | 93 | 0.8 | QUAKER Puffed Rice | 70 | 0.9 |
| Ground mace | 111 | 0.7 | Litchis, dried | 92 | 1.3 | Potato chips | 70 | 0.6 |
| Mangos | 111 | 5.4 | Trail mix, regular | 92 | 0.8 | Tofu yogurt | 69 | 3.8 |
| Honeydew melons | 110 | 9.8 | Boston brown bread, canned | 91 | 1.8 | Sunflower oil, oleic | 68 | 0.4 |
| Sheep milk | 110 | 3.3 | Popcorn, air-popped | 91 | 0.9 | Apricots dried | 68 | 1.5 |
| Cashew nuts, roasted | 110 | 0.6 | Wonton wrappers | 91 | 1.2 | Pork skins | 66 | 0.6 |
| Italian bread | 109 | 1.3 | White bread | 91 | 1.3 | Egg yolk | 65 | 1.1 |
| Pineapple, canned | 109 | 5.9 | Limburger cheese | 91 | 1.1 | Couscous | 65 | 0.9 |
| Chia seeds, dried | 109 | 0.7 | Blueberries | 89 | 6.2 | Beechnuts, dried | 64 | 0.6 |
| Romano cheese | 108 | 0.9 | Tomato soup | 88 | 5.9 | American cheese | 64 | 0.9 |
| Ginger root | 108 | 4.4 | European chestnuts, raw | 88 | 1.8 | Mandarin oranges, canned | 64 | 5.8 |
| Gelatin desserts, dry mix | 108 | 1.0 | Walnuts | 88 | 0.5 | Molasses | 64 | 1.2 |
| Millet | 107 | 0.9 | Monterey cheese | 87 | 0.9 | Corned beef hash | 64 | 2.2 |
| Whey, sweet | 107 | 13.1 | Bread stuffing dry mix | 86 | 0.9 | Cream of mushroom soup | 61 | 6.8 |
| Hot cocoa, homemade | 107 | 4.6 | Malted milk, chocolate | 86 | 4.1 | Potato chips, barbecue | 61 | 0.7 |
| Polar bear meat | 106 | 2.7 | Onion powder | 86 | 1.0 | Almond oil | 61 | 0.4 |
| Tofu | 105 | 3.0 | Feta cheese | 85 | 1.3 | Olives, canned | 61 | 3.1 |
| Whole wheat hard pretzels | 105 | 1.0 | Muenster cheese | 84 | 1.0 | Pears, asian | 60 | 8.4 |
| Yogurt, plain, whole milk | 104 | 5.8 | Croutons | 84 | 0.9 | Puffed millet | 60 | 1.0 |
| Peaches | 104 | 9.0 | Evaporated milk | 83 | 2.6 | Egg biscuit | 59 | 1.3 |
| Ginko nuts | 104 | 1.9 | Crackers, saltines, fat-free | 83 | 0.9 | Commercial bisquits | 59 | 1.0 |
| Pinyon nuts, dried | 103 | 0.6 | Link sausage, smoked | 82 | 0.9 | English muffins | 59 | 1.5 |
| Quail | 101 | 1.5 | Bananas | 82 | 4.0 | Biscuits, plain, dry mix | 59 | 0.8 |
| European Chestnuts, roasted | 101 | 1.4 | European chestnuts, dried | 81 | 1.0 | Granola bars, plain | 58 | 0.8 |
| Sourdough or French Bread | 101 | 1.2 | Brie cheese | 81 | 1.1 | Gingersnaps | 58 | 0.8 |
| Provolone cheese | 100 | 1.0 | Cheddar cheese | 80 | 0.9 | Sorghum | 57 | 1.0 |
| Chicken gizzards | 100 | 3.8 | Cream of potato soup | 80 | 5.9 | Chicken noodle soup mix | 57 | 0.9 |
| Frankfurter, pork | 99 | 1.3 | Colby cheese | 79 | 0.9 | Wheat gluten | 56 | 1.0 |
| Pecans | 99 | 0.5 | Italian pork sausage | 79 | 1.0 | Frankfurter, chicken | 55 | 1.4 |
| Bread crumbs, seasoned | 99 | 0.9 | Blue cheese | 78 | 1.0 | Potato sticks | 54 | 0.7 |
| Pumpkin and squash seeds | 98 | 0.8 | Plantains | 77 | 2.9 | Miso | 54 | 1.8 |
| Hard-boiled whole egg | 98 | 2.3 | Popovers, dry mix | 77 | 1.0 | Ramen noodle | 53 | 0.8 |
| Nectarines | 98 | 8.0 | Hard pretzels | 75 | 0.9 | Saltines (oyster, soup) | 53 | 0.8 |
| Gouda cheese | 97 | 1.0 | KELLOGG'S NUTRI-GRAIN | 75 | 1.0 | Crackers with cheese filling | 51 | 0.7 |
| Goat milk | 97 | 5.1 | Chicken broth, condensed | 74 | 11.4 | Potatoes, hashed brown | 51 | 1.6 |
| Wheat germ oil | 97 | 0.4 | Cider vinegar | 74 | 16.8 | Frankfurter beef | 51 | 1.1 |
| Macadamia nuts | 96 | 0.5 | Pheasant | 73 | 1.4 | Sunflower oil, linoleic | 48 | 0.4 |
| | | | Granola bars | 73 | 0.7 | Potatoes, au gratin, mix | 48 | 1.1 |

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|------------------------------|-----------|------|------------------------------|-----------|------|----------------------------|-----------|-----|
| KASHI GOLEAN CRUNCH | 46 | 0.9 | Sour cream | 16 | 1.6 | Maraschino cherries | -24 | 2.1 |
| Ground nutmeg | 44 | 0.7 | Puffed Rice | 14 | 0.9 | Gravy, au jus, dry | -28 | 1.1 |
| Apple juice, concentrate | 44 | 2.1 | Sesame oil | 13 | 0.4 | Brown sugar | -29 | 0.9 |
| Figs | 44 | 4.8 | Cocoa mix, powder | 13 | 0.9 | SHAKE N BAKE | -31 | 0.9 |
| Crabapples | 44 | 4.6 | Vanilla ice cream | 13 | 1.8 | Imitation vanilla extract | -32 | 1.5 |
| Cornmeal | 44 | 1.0 | Bologna, beef | 12 | 1.1 | Marmalade, orange | -34 | 1.4 |
| Dried plums | 44 | 1.5 | POP TARTS | 12 | 0.9 | Vanilla extract | -38 | 1.2 |
| Grapes | 44 | 5.1 | Salad dressing, sesame seed | 11 | 0.8 | Vanilla extract, imitation | -41 | 6.3 |
| Canola oil | 43 | 0.4 | Cream cheese | 10 | 1.0 | SPLENDA sweetener | -44 | 1.1 |
| Glazed doughnuts | 43 | 0.9 | French vanilla ice cream | 10 | 1.6 | Powdered sugar | -45 | 0.9 |
| Olive oil | 43 | 0.4 | Applesauce | 9 | 8.2 | Sugar, granulated | -46 | 0.9 |
| Vinegar, red wine | 42 | 18.6 | Raisins | 8 | 1.2 | Coconut oil | -51 | 0.4 |
| Apricot nectar, canned | 42 | 6.3 | Hot dogs, fat free | 8 | 4.8 | LIPTON onion soup mix | -71 | 1.3 |
| Sweet red cherries | 41 | 5.6 | Chocolate syrup | 8 | 1.3 | | | |
| Prune juice | 40 | 5.0 | Walnut oil | 7 | 0.4 | | | |
| Grape juice concentrate, w-C | 39 | 2.0 | Dates | 6 | 1.3 | | | |
| Cheese-flavor corn twists | 39 | 0.6 | Peaches in syrup, canned | 6 | 4.8 | | | |
| Graham crackers | 38 | 0.8 | English Muffins THOMAS | 5 | 1.5 | | | |
| Eggnog | 38 | 2.6 | Cornstarch | 5 | 0.9 | | | |
| Fruit cocktail in syrup | 37 | 4.0 | Soy and corn oil, industrial | 4 | 0.4 | | | |
| Margarine, hydrogenated | 37 | 0.5 | Rich vanilla ice cream | 3 | 1.4 | | | |
| Pears | 37 | 6.1 | Palm oil | 1 | 0.4 | | | |
| Beef jerky | 37 | 0.9 | Beer, regular | -1 | 8.2 | | | |
| Chocolate chip cookies | 36 | 0.8 | Beer, light | -2 | 12.2 | | | |
| Half and half | 36 | 2.7 | Papaya nectar, canned | -3 | 6.2 | | | |
| Corn oil | 33 | 0.4 | Pears in syrup, canned | -4 | 6.2 | | | |
| Stewed prunes | 32 | 3.3 | Cured Ham | -5 | 3.3 | | | |
| Safflower oil, linoleic | 30 | 0.4 | Chicken rice soup w-veg | -6 | 9.0 | | | |
| Human milk | 29 | 5.0 | Canadian bacon | -8 | 2.9 | | | |
| Avocado oil | 29 | 0.4 | SPAM | -9 | 1.1 | | | |
| Catsup | 27 | 3.6 | Vinegar, balsamic | -9 | 4.0 | | | |
| Pomegranates | 26 | 5.2 | Dehydrated brown gravy | -10 | 1.0 | | | |
| Peanut oil | 25 | 0.4 | Cheese Spread VELVEETA | -12 | 1.2 | | | |
| Soft pretzels | 25 | 1.0 | Pie fillings, apple | -12 | 3.5 | | | |
| Puffed Wheat | 25 | 1.1 | Applebutter | -14 | 2.0 | | | |
| Distilled vinegar | 24 | 19.6 | Sour cream, reduced fat | -15 | 2.3 | | | |
| Grapeseed oil | 24 | 0.4 | Red wine | -16 | 4.1 | | | |
| Apples | 23 | 6.8 | HERSHEY'S Chocolate Syrup | -17 | 2.4 | | | |
| Fig bars | 20 | 1.0 | Butter | -19 | 0.5 | | | |
| Flaxseed oil | 18 | 0.4 | Light dressing, MIRACLE WHIP | -20 | 1.5 | | | |
| Soybean oil | 18 | 0.4 | Vanilla frosting | -20 | 0.8 | | | |
| Cake, white, dry mix | 17 | 0.8 | | | | | | |
| Veggie Dog | 17 | 2.6 | | | | | | |