

Nutrition for Cancer
(draft copy)
By
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Frank Hannigan has used the United States Department of Agriculture's (USDA's) Composition of Foods Raw, Processed, Prepared: USDA National Nutrient Database for Standard Reference, for over 30 years. Data contained within this recognized 'gold standard' are used throughout the world by healthcare providers, researchers, dieticians, nutritionists, and virtually all people interested in the nutritional content of foods.

Only very recently has the United States' healthcare system shown a genuine interest in the use of scientific food analysis for improved patient recovery. The low importance ascribed to the relationship between food consumption and human health was driven home most forcefully to the author when, five months prior to becoming a kidney donor, he was told by the transplant doctors: "It does not matter what you eat between now and the surgery; what you have done up until now is what matters."

Today, more than 20 years later, there is still little emphasis placed upon foods and behaviors on disease control. Frank has observed remarkable health improvements in people who quantify nutritional changes. This document is specifically written to help cancer-concerned people use foods well to optimize the nutrient-portion of their prevention and treatment programs.

People who use this information most effectively have already concluded the following:

- There are foods that assist the body in proper cellular function
- There are foods that cause cancers to develop or spread
- Nutrients required vary by person, but even if unknown exactly, there are required nutrients
- Free radicals have been shown to damage cells when in excess for extended periods of time
- Classes of foods have been shown to exhibit cancer-growing or cancer-reducing effects
- Action based upon partial knowledge is superior to inaction inspired by worry
- Foods should be used to assist chemotherapy, radiation, and surgery in every way possible

Disclaimer:

Frank Hannigan is not a medical doctor, and is not certified to dispense drugs or other medical advice indicating such. He has, however, been sharing knowledge similar to that presented here with many people afflicted with modern diseases, including cancers, and transplant recipients.

MyNutritionGuide presents Frank Hannigan's nutritional analysis of the USDA's data, presented in a design skillfully, and generously done by Jose D. Rosales. This is available as a demo by Frank who can be reached at fjhannigan@gmail.com.

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Preliminary Version

February 2008

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1.1 Nutrition Applications

Cancerous growths can sometimes be arrested and can always be reduced with improved nutrition. The degree of improvement for a particular person is dependent upon several factors. Most important of these variations are established dietary habits and particular nutrients that are being taxed by the cancer and its treatment. The most important changes for a person involve nutrients that are being misapplied.

The first step for all of us, cancer or no cancer, is to take an accounting of nutrients ingested each day. There are many valid scientific sources of estimated requirements for nutrients. “Requirements” is an interesting term – requirements to do what? One source of these estimates was called minimum daily requirements. You may not be heartened to learn that “an amount that appears to be sufficient to maintain a specific body function in half the population” is the definition of **Estimated Average Requirement**.

This being an Olympic year also reveals the other end of the nutrition spectrum. What are the nutritional requirements to achieve world-class performances in physical challenges, challenges that inspire mere mortals head to the couch? Estimates of these requirements originate from crude minimum daily estimates but then incorporate changes necessitated by the special situation of high intensity training. Variations are necessitated by the events, the particular competitor’s metabolism, each food’s enjoyment contribution, and the ability to assimilate ingested nutrients. These same parameters apply to our cancer fighter.

Modifying dietary requirements is a similar process for any special population. People who have been diagnosed with cancer have, not unlike the Olympic competitor, adjusted needs for nutrients. Many of these revised needs are well known within the scientific community, but have yet to be appreciated by the general public. Sharing this knowledge is the primary purpose of **Nutrition for Cancer**.

1.2 Some Historical Information

Scientists recommending nutrients has been part of health control over the past several hundred years. These nutrient discoveries follow a repetitive pattern. Vitamin C’s effects were noted for hundreds of years before the 1912 discovery of substances referred to as vitamins. Vitamins were defined then as “substances found in many common foods which, in tiny quantities, are essential for life and growth”. The actual name vitamin derives from “vital amino acid” somewhat of a misnomer because they are not amino acids.

Scurvy was a huge worldwide health problem until the intervention of one man. In 1747 Dr James Lind of the British navy proposed a solution to the rampant problem of scurvy, a seagoing disease for centuries. Dr Lind was commissioned to study the problem and he headed out to sea. Included in his 80 some references was an account of a Dutch ship sailing home from Spain in 1564. By happenstance the main cargo during that 16th century voyage included Spanish oranges and lemons. (Note that this was 183 years before Dr Lind’s observations!) After ailing seamen consumed the available fruit their symptoms rapidly disappeared.

Dr Lind, nearly 200 years later, performed a more “controlled study”. Twelve of the naval seamen appeared to be “equally and dreadfully ill”. He divided these people into six groups of two patients. His attempts to resolve the scurvy included three quarts of cider per day to one group, ‘chemo’ called “elixir vitriol”, a medicine from garlic, mustard and herbs was the treatment for a group that was probably luckier than the group who was given half a pint of sea water with each meal.

The only successful group received two oranges and one lemon each day for six days. “The consequence was, that the most sudden and visible good effects were perceived from the use of oranges and lemons...”. All of the “double quotation marks” in this account are from the 1748 medical classic, **A Treatment on Scurvy**, by our hero Dr. James Lind. So from May 26th, 1747, the date of this discovery, scurvy was a problem of the past with all scurvy patients, be they land or sea, receiving citrus fruits to remedy their one-fatal illness. Wrong! Wrong! Wrong!

In a 1751 version of his 1748 classic he added: “Some persons cannot be brought to believe that a disease so fatal and so dreadful can be cured or prevented by such easy means. They would have more faith in an elaborate composition dignified with the title of ‘an antiscorbutic golden elixir’ or the like.” The “some persons” were identified as the “Board of the Care of the Sick and Wounded Seamen of the British Admiralty”, “a group of hidebound officers who blindly refuse to heed the obvious truth.”

While this text is not insinuating that a single food resolves cancer at any stage, it is stating emphatically, and with no apology, that failure to use dietary modifications does exacerbate the cancer problem. In terms less poetic than Dr Lind’s this author’s personal opinion is that failure to suggest modifications of food intake for a person afflicted with cancer is at best stupid and at worst criminal.

Continuing on with the evolution of nutritional science, in 1880 beriberi presents a challenge to the Japanese navy that parallels the scurvy challenge of the British navy. In this saga Dr Kanekiro Takaki, replaces Dr Lind as our champion of rational thought, and the villains’ roles are assumed by the Japanese medical establishments, both civilian and military.

In 1880 there were 5,000 men in the entire Japanese navy and of these 1,725 died of beriberi! In 1887 there were nearly 10,000 men in the navy and there was not one case of beriberi, let alone a death! Since beriberi was a worldwide problem, such an astonishing statistic must certainly have resulted in its immediate resolution, or at least drastic reduction. Wrong again! Something must have been done, and something must have been learned. What’s the rest of this story?

The late nineteenth century was, of course, the enlightened era. Louis Pasteur and Robert Koch had independently demonstrated beyond any doubt that tiny germs were the cause of many common worldwide diseases. Powerful new technology had produced microscopes that only a few years before were beyond comprehension. When the microbe that caused beriberi could still not be found, even better microscopes will certainly disclose this deadly organism. Of this virtually all of the world’s scientists were certain.

Armed with this certainty the new Japanese ships were cleaned, hosed, and scrubbed as only the Japanese military can. And yet, no matter how the sailors scrubbed their quarters and themselves the beriberi continued to increase. Dr Takaki possessed that rare quality in a human (the quality that this author is presuming of you, the reader), the ability to look at facts and conclude the plausible.

Dr Takaki chose to consider two facts: 1) beriberi was far more prevalent in the cities than in the small country villages and, 2) the British vessels were sailing in the same Far Eastern waters but not one case of beriberi was reported. Dr Takaki suggested that the city-dwellers and sailors both ate “the fine white rice that keeps well and does not rot, not the cheap brown rice that village people eat.” Challenging the perfection of the perfect white rice was forbidden, particularly by the companies that had developed the efficient production methods.

Dr Takaki's persistence and clever verbiage led to a dietary test. Two ships with crews of 300 men were sent to sea in December of 1882: one ship used normal Japanese provisions, the second crew was reluctantly forced to eat a British seaman's diet. With the traditional Japanese diet two thirds of the sailors became ill and 25 died. On the second 14 became ill; this produced questionable results until it was discovered that the 14 rebelled by smuggling their Japanese white rice aboard. Using a revised diet resulted in no beriberi within two years...in the Japanese navy.

Outside the navy beriberi continued to rage in an epidemic-like manner. There were two identifiable causes for this: 1) Dr Takaki published his report in the language that he knew, Japanese, and, 2) medical men and scientists clung to the belief that a microbe must be responsible. By this time, the late 1880s, microscopes had increased magnification by another order of magnitude and many more germs had been discovered.

Dr Takaki's discovery was that there was something in the husk of the brown rice that was necessary for healthy life; this sent many researchers investigating just what this might be. It was found to be Vitamin B1, also known as thiamin, in 1912. Dr Christian Eijkman, of Holland, was one of the researchers who began this study in 1883 and won a Nobel Prize in 1929 for his contribution to the conquest of beriberi.

The history of most essential nutrients follows a similar pattern: 1) A problem is noted in health of many people, 2) The diets of the afflicted show differences, 3) The differences are analyzed and validated by solving the original problem and, 4) The content of the foods causing the change is discovered.

Vitamin A was uncovered in a slightly different way. Animal blindness was the origin of the first studies. During the multi-year studies rats were given butter (group A) or lard (group B). Group A became much healthier and the nutrient responsible was named vitamin A, after the rat's group name.

1.3 Some Current and Future Information

Knowledge of required nutrients for a specific purpose can be extracted from a combination of the nutritional content of foods, a person's 'normal' requirements, a person's special circumstances, and observations of responses based upon adjusting nutrients ingested. A comprehensive summary is presented on the next page. This nutrition requirement summary is a portion of a method used by the author for many years.

This form has been used for 'normal' people of all ages, athletes, people preparing for transplant surgery, as donor or recipient, cancer patients, expectant mothers, travelers, etc. Information to compute such a wide range of special situations comes from virtually all the U.S. and world health organizations and many universities.

The form is also linked to dynamic heart rate data so that required nutrition can be modified with changes in observed responses.

For application to cancer problems the first step is to insure that none of these essential nutrients is exceptionally high or low; all positive nutrients are required within boundaries. It is strongly recommended that all nutrients be derived from foods when possible. Foods have a history of serving us well for many generations, while 'products' are relatively new to our culture. Much of this text is devoted to learning about food selection details.

Daily Nutritional Needs

February 2008		Estimated Dietary Requirements for our Example Healthy Adult			
	Nutrient	Units	Daily	Notes	
Fundamental Food Components					
			Amount		
1	Calories	kcal	2000	2000 calories per day has been adopted as the standard for comparison	
2	Protein	g	100	20% of daily calories from protein, 4 calories of protein per gram	
3	Fat total	g	56	25% of daily calories from fats, 9 calories per gram of fat	
4	Carbohydrate	g	275	55% from carbohydrates, 4 calories per gram of carbohydrate	
5	Fiber, total	g	30	Required fiber is at least 1 gram per 80 calorie	
6	Sugar, total	g	55	This sugar maximum represents 20% of the carbohydrates	
	ORAC	te	3000	Oxygen Radical Absorbance Capacity - anti-oxidant measure	
Minerals					
7	Calcium CA	mg	1400	These 10 minerals are tabulated in the USDA database We also have a need for the major mineral, chloride, and trace minerals boron, chromium, cobalt, fluoride, iodine, molybdenum, nickel and vanadium	
8	Copper CU	mg	2		
9	Iron FE	mg	18		
10	Magnesium MG	mg	500		
11	Manganese MN	mg	2.3		
12	Phosphorus P	mg	2000		
13	Potassium K	mg	4700		
14	Selenium SE	mcg	70		
15	Sodium NA	mg	2300		2300 mg of sodium represents an upper limit for an adult
16	Zinc ZN	mg	15		
Vitamins					
17	A Retinol	iu	5000	5000 iu (International Units) = 1500 mcg (micrograms)	
18	B1 Thiamine	mg	2	There are 7 B-vitamins listed. Since they tend to function together it is important to obtain all of them in sufficient quantities	
19	B2 Riboflavin	mg	2.8		
20	B3 Niacin	mg	22		
21	B5 Pantothenic Acid	mg	5		
22	B6 Pyridoxine	mg	2.4		
23	B9 Folic Acid	mcg	400		
24	B12 Cobalamin	mcg	6		
25	C Ascorbic acid	mg	90		
26	D Calciferol	iu	400	400 iu = 10 mcg	
27	E Tocopherol	mg	15	1 mg = 1.5 iu; 15mg = 22.5iu	
28	K Phylloquinone	mcg	120 or 300		
Fat Details					
29	Cholesterol	mg	300	300 is the maximum suggested; none is required	
30	Monounsaturated	g	18.5	Fats are 1/3 monounsaturated, 1/3 polyunsaturated and 1/3 saturated	
31	Polyunsaturated	g	18.5		
32	Omega-3	g	1.6		
33	Omega-6	g	7.8	The USDA database does not provide omega-3 or omega-6 explicitly and they are not provided for all foods	
34	Saturated	g	18.5	Saturated fats should be as low as possible	
35	Total trans fats	g	5	Hydrogenated and trans-fats should ideally be zero	
Protein Details - Essential Amino Acids					
36	Histidine*	g	3.1	Essential amino acids are protein components that cannot be manufactured by our bodies and must be consumed in our diet	
37	Isoleucine *	g	4.4		
38	Leucine *	g	9.6		
39	Lysine *	g	8.9		
40	Methionine *	g	4.4	Methionine is the most difficult protein component to get in our food	
	cystine	g	4.4	Cystine is converted into methionine as needed.	
41	Phenylalanine *	g	8.2		
	tyrosine	g	8.2		
42	Threonine *	g	4.7	There are a total of 22 amino acids known to form our body proteins. 11 amino acids contribute to the essential amino acids required; the other 11 can be manufactured by our bodies.	
43	Tryptophan *	g	1.2		
44	Valine *	g	5.6		
<p>A 2000 calorie per day food plan, corresponding to food labeling, has been selected.</p> <p>It is recommended that all nutrients come from foods, not supplements.</p> <p>Sugar, sodium, cholesterol, saturated fats, trans fats and alcohol should be minimized.</p> <p>Numerical requirements are based on our example healthy full-grown adult. When men and women required different amounts, the greater was selected for this example.</p>					
This organization of required nutrients is customized for each person. This page can be used as a tutorial on required nutrients and as a starting point for figuring out each person's ideal nutrient need.					

Example Adult Nutritional Needs

Anti-Oxidants 1 of 2

Foods That Assist Cancer Prevention and Treatment	Anti-Cancer Nutrient Score	Beta-carotene	Vitamin C	Vitamin E	Selenium	Zinc	USDA Food Number	Ounces for 100 Calories
Watercress	1000	513%	434%	61%	12%	7%	11591	32.1
Mustard greens	841	485%	299%	52%	5%	5%	11270	13.6
Chinese cabbage (bok choy)	808	412%	385%	5%	5%	10%	11116	27.1
Green leaf lettuce	745	592%	133%	13%	6%	8%	11253	23.5
Red bell peppers	712	125%	546%	41%	1%	6%	11821	13.6
Turnip greens	708	435%	208%	60%	5%	4%	11568	11.0
Parsley	708	281%	410%	14%	0%	20%	11297	9.8
Spinach	692	489%	136%	59%	6%	15%	11457	15.3
Kale	639	369%	267%		3%	6%	11233	7.1
Swiss chard	634	384%	175%	66%	7%	13%	11147	18.6
Red leaf lettuce	608	562%	26%	6%	13%	8%	11257	22.0
Romaine lettuce	576	410%	157%	5%	3%	9%	11251	20.7
Pimento	560	128%	410%	20%	1%	6%	11943	15.3
Coriander (cilantro) leaves	552	342%	130%	72%	6%	14%	11165	15.3
Beet greens	549	345%	152%	45%	6%	12%	11086	16.0
Garden cress	518	259%	240%	15%	4%	5%	11203	11.0
Chicory greens	483	298%	116%	66%	2%	12%	11152	15.3
Green bell peppers	480	21%	447%	12%	0%	4%	11333	17.6
Collards	444	256%	131%	50%	6%	3%	11161	11.8
Chili peppers	440	27%	399%	12%	2%	4%	11819	8.8
Carrots	432	404%	16%	11%	0%	4%	11124	8.6
Lemons, with peel	428		428%			3%	09151	17.6
Brazilnuts, dried	424	0%	0%	6%	417%	4%	12078	0.5
Chives	400	174%	215%	5%	4%	12%	11156	11.8
Guavas	393	11%	373%	7%	1%	2%	09139	5.2
Broccoli stalks	386		370%		15%	10%	11741	12.6
Grape leaves	378	348%	13%	14%	1%	5%	11974	3.8
Boston lettuce	354	306%	32%	9%	7%	10%	11250	27.1
Broccoli	339	21%	292%	15%	11%	8%	11090	10.4
Balsam-pear (bitter melon)	331		326%		4%	7%	11022	11.8
Swamp cabbage	329		322%		7%	6%	11503	18.6
Lemon peel	311	0%	305%	4%	2%	4%	09156	7.5
Basil	311	233%	74%		2%	21%	02044	13.1
Pumpkin	307	238%	38%	27%	2%	8%	11422	13.6
Broccoli raab	303	143%	102%	49%	6%	23%	11096	16.0
Dandelion greens	291	132%	86%	71%	2%	6%	11207	7.8
Paprika	291	192%	27%	69%	2%	9%	02028	1.2
Kohlrabi	272	2%	255%	12%	4%	1%	11241	13.1
Coriander leaf, dried	269	24%	226%	2%	15%	11%	02012	1.3
Brussels sprouts	260	21%	220%	14%	5%	7%	11098	8.2
Cantaloupe	242	119%	120%	1%	2%	4%	09181	10.4
Oysters	237	0%	6%	8%	134%	890%	15167	5.2
Thyme, fresh	234	56%	176%			12%	02049	3.5
Red/cayenne pepper	231	137%	27%	63%	4%	5%	02031	1.1
Dill weed	221		220%			14%	02045	8.2
Endive	217	153%	42%	17%	2%	31%	11213	20.7
Cauliflower	213	1%	206%	2%	3%	7%	11135	14.1
Strawberries	213	0%	204%	6%	2%	3%	09316	11.0

Anti-Oxidant Foods in Descending Order

Anti-Oxidants 2 of 2

Foods That Assist Cancer Prevention and Treatment	Anti-Cancer Nutrient Score	Beta-carotene	Vitamin C	Vitamin E	Selenium	Zinc	USDA Food Number	Ounces for 100 Calories
Lambsquarters, raw	210		207%		3%	7%	11244	8.2
Lemons	209	0%	203%	3%	2%	1%	09150	12.2
Papayas	205	14%	176%	12%	2%	1%	09226	9.0
Sweet potato	204	198%	3%	2%	1%	2%	11507	4.1
Podded peas	198	30%	159%	6%	2%	4%	11300	8.4
Arugula	195	114%	67%	11%	2%	13%	11959	14.1
Kiwi	187	2%	169%	16%	0%	2%	09148	5.8
Chili powder	183	96%	23%	62%	3%	6%	02009	1.1
Cabbage	172	3%	163%	4%	2%	5%	11109	14.1
Total cereal	169	0%	67%	90%	2%	100%	08077	1.1
Tomato juice	167	32%	120%	13%	3%	6%	11886	20.7
Complete Oat Bran Flakes	163	0%	67%	80%	7%	99%	08258	1.0
Orange peel	159		156%	2%	1%	2%	09216	3.6
Grapefruit	158	35%	119%	3%	1%	1%	09111	11.0
Purslane	155		146%		8%	7%	11427	22.0
Sprouted kidney beans	152		148%		3%	9%	11029	12.2
Total Corn Flakes	151	0%	60%	80%	2%	89%	08246	0.9
Tomatoes	149	50%	78%	20%	0%	6%	11529	19.6
Summer squash	141	15%	118%	5%	2%	12%	11641	22.0
Zucchini	141	15%	118%	5%	2%	12%	11477	22.0
Italian (Crimini) mushrooms	141		0%	0%	138%	27%	11266	13.1
Orange roughy	136	0%	0%	11%	125%	2%	15073	4.6
Oranges	133	3%	126%	3%	2%	1%	09200	7.5
Orange juice	126	1%	123%	1%	0%	1%	09206	7.8
Sprouted kidney beans	123		120%		3%	9%	11030	10.7
Parsley, dried	121	39%	49%	17%	15%	11%	02029	1.3
Clementines	119		115%	3%	0%	1%	09433	7.5
Limes	117	2%	108%	5%	2%	2%	09159	11.8
Complete Wheat Bran	113	0%	72%	25%	5%	110%	08028	1.1
Wheat germ oil	113	0%	0%	113%	0%	0%	04038	0.4
Multi-Grain Cheerios	113	0%	15%	82%	6%	91%	08087	0.9
Mulberries	110	0%	94%	13%	2%	2%	09190	8.2
Radishes	110	1%	103%	0%	5%	12%	11429	22.0
Grapefruit juice	108		108%			1%	09404	9.0
Orange juice, California	108		108%			1%	09406	8.0
Asparagus	106	36%	25%	30%	13%	14%	11011	14.1
Okra	102	15%	76%	8%	3%	13%	11278	11.4
Orange juice, fr/concentrate	100	1%	96%	3%	0%	1%	09215	7.8
Tuna, canned in water	99		0%		99%	4%	15184	3.0
Tomatoes, canned	97	8%	61%	27%	1%	5%	11531	20.7
Sauerkraut, canned	97	1%	86%	5%	5%	7%	11439	18.6
Tomato paste	96	22%	30%	35%	9%	5%	11887	4.3
Green beans	95	24%	58%	9%	3%	5%	11052	11.4
Dried basil	95	44%	27%	20%	2%	15%	02003	1.4
Mussels	90	0%	10%	4%	74%	12%	15164	4.1
Oegano, dried	90	27%	18%	41%	3%	10%	02027	1.2
Spinach, canned	89		79%		9%	15%	11459	18.6
Turnips	88	0%	83%	1%	4%	6%	11564	12.6

Anti-Oxidant Foods in Descending Order

ORAC Foods in Decending Order by % of Daily Requirement of 3000 Units							
Oxygen Radical Absorbance Capacity - antioxidants thought to assist with cancer issues.							
Foods are listed in order of the percent(%) daily requirement for a 2000 calorie total energy need.							
The percent is listed for a 100-calorie food portion, which is 5% of the total daily caloric need.							
Note that there are few foods that have listed ORAC.							
This is partially due to lack of information on ORAC measurements.							
	ORAC Foods	ORAC	%ORAC		ORAC Foods	ORAC	%ORAC
1	spinach	5727	191%	24	grapes	1041	35%
2	strawberries	5133	171%	25	kiwi	984	33%
3	blueberries	4286	143%	26	raisins,seeded	956	32%
4	blackberries	3915	131%	27	tomatoes	952	32%
5	cranberries	3571	119%	28	raisins,seedless	943	31%
6	kale	3540	118%	29	cantaloupe	857	29%
7	alfalfa sprouts	3207	107%	30	squash	789	26%
8	broccoli	3179	106%	31	beans, green	645	22%
9	peppers,green	3111	104%	32	peas	494	16%
	peppers, red	3111	104%	33	celery	469	16%
10	brussels sprouts	2930	98%	34	corn	465	16%
11	raspberries	2490	83%	35	carrots	465	16%
12	prunes	2414	80%	36	cucumbers	462	15%
13	plums	1725	58%	37	peaches	349	12%
14	beets	1651	55%	38	potato, entire	345	11%
15	cauliflower	1600	53%	39	apples	339	11%
16	oranges	1596	53%	40	apricots	313	10%
17	grapefruit	1547	52%	41	watermelon	313	10%
18	eggplant	1500	50%	42	sweetpotatoes	286	10%
19	cherries	1340	45%	43	tofu,firm	266	9%
20	onions	1184	39%	44	bananas	217	7%
21	cabbage	1180	39%	45	pears	169	6%
22	zucchini	1071	36%				
23	tomatoes,can	1053	35%				
ORACs assist the body in neutralizing "free radicals".				These data are from 2002. Since then more then			
This is thought to help the body's immune system.				200 other foods have been measured for ORAC.			
ORAC foods can be viewed as anti-cancer foods, as well as immune system strengthening in general.				The full listing of these is available also.			
The 3000 units per day is a crude estimate for people with no special health issues.				All of the food quantities are the amounts that provide 100 food calories.			
				Frank Hannigan			
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Watch out for grapefruit with some medications.							

Oxygen Radical Absorbance Capacity ORAC for 192 Foods 1 of 4

Rank	Food Item	ORAC per	ORAC per	Ounces for	NDB No
		100 Kcal	100 Grams	100 KCal	
1	Tea, brewed, prepared with tap water	113681	1128	352.7	14355
2	Spices, cinnamon, ground	103299	267536	1.4	02010
3	Spices, cloves, ground	98107	314446	1.1	02011
4	Spices, oregano, dried	65911	200129	1.2	02027
5	Spices, turmeric, ground	45344	159277	1.0	02043
6	Cocoa, dry powder, unsweetened	35617	80933	1.5	19165
7	Thyme, fresh	27366	27426	3.5	02049
8	Spices, parsley, dried	27148	74349	1.3	02029
9	Spices, basil, dried	27123	67553	1.4	02003
10	Coriander (cilantro) leaves, raw	22527	5141	15.3	11165
11	Cranberries, raw	20997	9584	7.7	09078
12	Spices, cumin seed	20639	76800	0.9	02014
13	Elderberries, raw	20290	14697	4.8	09088
14	Peppermint, fresh	20124	13978	5.0	02064
15	Ginger root, raw	18695	14840	4.4	11216
16	Basil, fresh	17935	4805	13.1	02044
17	Spices, curry powder	15040	48504	1.1	02015
18	Lettuce, red leaf, raw	14991	2380	22.0	11257
19	Broccoli raab, raw	14123	3083	16.0	11096
20	Artichokes, (globe or french), raw	14049	6552	7.5	11007
21	Plums, raw	13713	6259	7.7	09279
22	Currants, european black, raw	12733	7960	5.6	09083
23	Blackberries, raw	12532	5347	8.2	09042
24	Blueberries, raw	11584	6552	6.2	09050
25	Strawberries, raw	11265	3577	11.0	09316
26	Lettuce, butterhead (includes boston and bibb types), raw	11032	1423	27.1	11250
27	Radishes, raw	10935	1736	22.0	11429
28	Cabbage, red, cooked, boiled, drained, without salt	10930	3145	12.2	11113
29	Spices, pepper, black	10915	27618	1.4	02030
30	Dill weed, fresh	10294	4392	8.2	02045
31	Babyfood, fruit, applesauce, strained	10135	4123	8.6	03116
32	Baking chocolate, unsweetened, squares	10042	49926	0.7	19078
33	Lettuce, green leaf, raw	9722	1447	23.5	11253
34	Raspberries, raw	9462	4882	6.8	09302
35	Beet greens, raw	8915	1946	16.0	11086
36	Asparagus, raw	8667	2150	14.1	11011
37	Cabbage, savoy, cooked, boiled, drained, without salt	8608	2050	14.7	11115
38	Spices, ginger, ground	8368	28811	1.0	02021
39	Babyfood, fruit, apple and blueberry, junior	7838	4822	5.7	03165
40	Rice bran, crude	7745	24287	1.1	20060
41	Spices, chili powder	7586	23636	1.1	02009
42	Asparagus, cooked, boiled, drained	7531	1644	16.0	11012
43	Gooseberries, raw	7506	3277	8.0	09107
44	Cabbage, red, raw	7321	2252	11.4	11112
45	Chives, raw	7034	2094	11.8	11156
46	Broccoli, cooked, boiled, drained, without salt	6870	2386	10.1	11091
47	Spinach, raw	6638	1515	15.3	11457
48	Alfalfa seeds, sprouted, raw	6616	1510	15.3	11001
49	Spices, mustard seed, yellow	6286	29257	0.8	02024
50	Spices, paprika	6249	17919	1.2	02028
51	Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	6040	5034	4.2	14097
52	Apples, raw, with skin	5973	3082	6.8	09003

Oxygen Radical Absorbance Capacity ORAC for 192 Foods 2 of 4

Rank	Food Item	ORAC per	ORAC per	Ounces for	NDB No
		100 Kcal	100 Grams	100 KCal	
53	Lettuce, cos or romaine, raw	5709	963	20.7	11251
54	Spinach, frozen, chopped or leaf, unprepared	5484	1687	11.4	11463
55	Apples, raw, without skin	5402	2573	7.3	09004
56	Cherries, sweet, raw	5383	3365	5.6	09070
57	Radish seeds, sprouted, raw	5119	2184	8.2	11676
58	Pears, raw	5110	2941	6.1	09252
59	Lemon juice, raw	4938	1225	14.1	09152
60	Broccoli raab, cooked	4740	1552	10.7	11097
61	Peaches, raw	4688	1814	9.0	09236
62	Peppers, sweet, green, raw	4651	923	17.6	11333
63	Figs, raw	4607	3383	4.8	09089
64	Applesauce, canned, unsweetened	4605	1965	8.2	09019
65	Alcoholic beverage, wine, table, red	4592	3873	4.1	14096
66	Beets, raw	4141	1767	8.2	11080
67	Broccoli, raw	4037	1362	10.4	11090
68	Eggplant, raw	3918	933	14.7	11209
69	Candies, semisweet chocolate	3798	18053	0.7	19080
70	Cabbage, cooked, boiled, drained, without salt	3751	856	15.3	11110
71	Oranges, raw, navels	3741	1819	7.2	09202
72	Sauce, ready-to-serve, salsa	3736	1001	13.1	06164
73	Grapefruit, raw, pink and red, all areas	3714	1548	8.4	09112
74	Parsley, raw	3642	1301	9.8	11297
75	Babyfood, fruit, peaches, junior	3621	2551	5.0	03131
76	Garlic, raw	3616	5346	2.4	11215
77	Peppers, sweet, yellow, raw	3602	965	13.1	11951
78	Cauliflower, raw	3342	829	14.1	11135
79	Lime juice, raw	3318	823	14.1	09160
80	Grapefruit juice, white, raw	3199	1238	9.0	09128
81	Lettuce, iceberg (includes crisphead types), raw	3153	438	25.2	11252
82	Celery, raw	3131	497	22.0	11143
83	Tangerines, (mandarin oranges), raw	3080	1620	6.7	09218
84	Peppers, sweet, red, raw	3066	791	13.6	11821
85	Tomato products, canned, sauce	2914	694	14.7	11549
86	Vegetable juice cocktail, canned	2907	548	18.6	11578
87	Prune juice, canned	2890	2036	5.0	09294
88	Tomato juice, canned, with salt added	2881	486	20.7	11540
89	Plums, dried (prunes), uncooked	2751	6552	1.5	09291
90	Cauliflower, cooked, boiled, drained, without salt	2717	620	15.3	11136
91	Nuts, pecans	2616	17940	0.5	12142
92	Onions, raw	2605	1034	8.8	11282
93	Beans, kidney, red, mature seeds, raw	2529	8459	1.0	16032
94	Beans, snap, green, raw	2468	759	11.4	11052
95	Beans, pink, mature seeds, raw	2444	8320	1.0	16040
96	Beans, black, mature seeds, raw	2376	8040	1.0	16014
97	Sweet potato, cooked, baked in skin, without salt	2368	2115	3.9	11508
98	Apricots, raw	2341	1115	7.3	09021
99	Chocolate syrup	2286	6330	1.3	14181
100	Tomatoes, red, ripe, cooked	2273	406	19.6	11530
101	Beans, pinto, mature seeds, raw	2259	7779	1.0	16042
102	Agave, cooked (Southwest)	2193	2938	2.6	35193
103	Agave, dried (Southwest)	2150	7274	1.0	35194
104	Nuts, walnuts, english	2086	13541	0.5	12155

Oxygen Radical Absorbance Capacity ORAC for 192 Foods 3 of 4

Rank	Food Item	ORAC per	ORAC per	Ounces for	NDB No
		100 Kcal	100 Grams	100 KCal	
105	Lentils, raw	2079	7282	1.0	16069
106	Tomatoes, red, ripe, raw, year round average	2055	367	19.6	11529
107	Cabbage, raw	2048	508	14.1	11109
108	Spices, garlic powder	2023	6665	1.1	02020
109	Beans, snap, green variety, canned	1948	290	23.5	11054
110	Onions, sweet, raw	1934	614	11.0	11294
111	Beans, black turtle soup, mature seeds, raw	1907	6416	1.0	16016
112	Pumpkin, raw	1872	483	13.6	11422
113	Agave, raw (Southwest)	1848	1247	5.2	35192
114	Pineapple, raw, extra sweet variety	1747	884	6.9	09430
115	Potatoes, Russet, flesh and skin, baked	1745	1680	3.6	11356
116	Broccoli, frozen, spears, unprepared	1724	496	12.2	11094
117	Nectarines, raw	1718	750	8.0	09191
118	Chilchen (Red Berry Beverage) (Navajo)	1695	740	8.0	35133
119	Potatoes, russet, flesh and skin, raw	1686	1322	4.5	11353
120	Milk, chocolate, fluid, commercial, reduced fat	1675	1263	4.6	01103
121	Spices, onion powder	1666	5735	1.0	02026
122	Carrots, raw	1637	666	8.6	11124
123	Orange juice, raw	1626	726	7.8	09206
124	Potatoes, red, flesh and skin, raw	1581	1098	5.0	11355
125	Mangos, raw	1554	1002	5.4	09176
126	Nuts, hazelnuts or filberts	1548	9645	0.6	12120
127	Potatoes, white, flesh and skin, raw	1545	1058	5.1	11354
128	Potatoes, red, flesh and skin, baked	1502	1326	4.0	11358
129	Kiwi fruit, (chinese gooseberries), fresh, raw	1457	882	5.8	09148
130	Nuts, pistachio nuts, raw	1444	7983	0.6	12151
131	Cucumber, with peel, raw	1438	214	23.5	11205
132	Candies, milk chocolate	1418	7528	0.7	19120
133	Soybeans, mature seeds, raw	1396	5764	0.8	16108
134	Dates, deglet noor	1392	3895	1.3	09087
135	Cowpeas, common (blackeyes, crowder, southern)	1303	4343	1.0	16062
136	Mush, blue corn with ash (Navajo)	1277	684	6.5	35130
137	Pineapple, raw, traditional varieties	1259	562	7.8	09429
138	Carrots, baby, raw	1255	436	10.1	11960
139	Potatoes, white, flesh and skin, baked	1220	1138	3.8	11357
140	Squash, summer, zucchini, includes skin, raw	1134	180	22.0	11477
141	Pineapple juice, canned, unsweetened	1080	568	6.7	09273
142	Cucumber, peeled, raw	1058	126	29.4	11206
143	Sweet potato, raw, unprepared	1057	902	4.1	11507
144	Raisins, seedless	1024	3037	1.2	09298
145	Sweet potato, cooked, boiled, without skin	1016	766	4.6	11510
146	Fennel, bulb, raw	998	307	11.4	11957
147	Bananas, raw	995	879	4.0	09040
148	Melons, cantaloupe, raw	934	315	10.4	09181
149	Onions, yellow, sauteed	931	1220	2.7	11286
150	Carrots, cooked, boiled, drained, without salt	913	317	10.1	11125
151	Spices, cardamom	896	2764	1.1	02006
152	Babyfood, juice, pear	888	414	7.5	43408
153	Squash, winter, butternut, raw	887	396	7.8	11485
154	Apple juice, canned or bottled	875	408	7.5	09016
155	Dates, medjool	868	2387	1.3	09421
156	Corn, sweet, yellow, raw	853	728	4.1	11167

Oxygen Radical Absorbance Capacity ORAC for 192 Foods 4 of 4

Rank	Food Item	ORAC per	ORAC per	Ounces for	NDB No
		100 Kcal	100 Grams	100 KCal	
157	Leeks, (bulb and lower leaf-portion), raw	810	490	5.8	11246
158	Pineapple, raw, all varieties	808	385	7.3	09266
159	Soybeans, mature seeds, sprouted, raw	795	962	2.9	11452
160	Bread, pumpernickel	791	1963	1.4	18044
161	Peas, green, frozen, unprepared	785	600	4.6	11312
162	Nuts, almonds	777	4454	0.6	12061
163	Eggplant, cooked, boiled, drained, without salt	705	245	10.1	11210
164	Melons, honeydew, raw	675	241	9.8	09184
165	Corn, sweet, yellow, canned, brine pack	650	413	5.5	11170
166	Peppers, sweet, red, sauteed	642	847	2.7	11921
167	Beans, pinto, mature seeds, cooked, boiled, without salt	637	904	2.5	16043
168	Cereals, oats, instant, fortified, plain, dry	630	2308	1.0	08122
169	Catsup	601	578	3.6	11935
170	Corn, sweet, yellow, frozen, kernels cut off cob	598	522	4.0	11178
171	Peanut butter, smooth style, with salt	588	3432	0.6	16098
172	Peaches, canned, heavy syrup, drained	571	436	4.6	09370
173	Bread, mixed-grain (includes whole-grain, 7-grain)	571	1421	1.4	18035
174	Peanuts, all types, raw	563	3166	0.6	16087
175	Peppers, sweet, green, sauteed	488	615	2.8	11339
176	Watermelon, raw	477	142	11.8	09326
177	Alcoholic beverage, wine, table, white	476	392	4.2	14106
178	Snacks, popcorn, air-popped	454	1743	0.9	19034
179	Beans, navy, mature seeds, raw	452	1520	1.0	16037
180	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	408	1517	0.9	08049
181	Cereals ready-to-eat, wheat, shredded, plain	390	1303	1.0	08147
182	Nuts, cashew nuts, raw	355	1948	0.6	12087
183	Beans, lima, immature seeds, canned	345	243	5.0	11033
184	Limes, raw	275	82	11.8	09159
185	Nuts, macadamia nuts, dry roasted, without salt added	238	1695	0.5	12132
186	Chickpeas (garbanzo beans, bengal gram)	234	847	1.0	16056
187	Nuts, brazilnuts, dried, unblanched	218	1419	0.5	12078
188	Peas, split, mature seeds, raw	155	524	1.0	16085
189	Cocoa mix, powder	123	485	0.9	14192
190	Nuts, pine nuts, dried	92	616	0.5	12147
191	Spices, poppy seed	91	481	0.7	02033
192	Oil, peanut, salad or cooking	12	106	0.4	04042

Foods highest in: Beta-carotene

"% of Daily" is based upon a **5000mcg** nominal daily value.

"% of Daily" is the % of the amount required each day; this is in "Ounces" of each food. "Ounces" of each food is the amount that contains 100 calories.

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Green leaf lettuce	592%	23.5	Thyme, fresh	56%	3.5	Mangos	14%	5.4
Red leaf lettuce	562%	22.0	Tomatoes, ripe	50%	19.6	Manhattan clam chowder	13%	5.8
Watercress	513%	32.1	Apricots raw	46%	7.3	Catsup	12%	3.6
Spinach	489%	15.3	Dried basil	44%	1.4	Peas	11%	4.4
Mustard greens	485%	13.6	Iceberg lettuce	43%	25.2	Guavas	11%	5.2
Turnip greens	435%	11.0	Parsley, dried	39%	1.3	Poultry seasoning	10%	1.1
Chinese cabbage (bok choy)	412%	27.1	Asparagus	36%	14.1	Seaweed, wakame	10%	7.8
Romaine lettuce	410%	20.7	Marjoram, dried	35%	1.3	Peaches	8%	9.0
Pumpkin, canned	408%	10.4	Grapefruit	35%	11.0	Plums	8%	7.7
Carrots	404%	8.6	Celery	34%	22.0	Tomatoes, canned	8%	20.7
Swiss chard	384%	18.6	Leeks	33%	5.8	Tomato soup	8%	5.9
Kale	369%	7.1	Tomato juice	32%	20.7	Sprouted alfalfa seeds	8%	15.3
Grape leaves	348%	3.8	Sour red cherries	31%	7.1	Plantains	7%	2.9
Beet greens	345%	16.0	Podded peas	30%	8.4	Capers, canned	7%	15.3
Coriander (cilantro) leaves	342%	15.3	Apricot nectar, canned	28%	6.3	Nectarines	7%	8.0
Boston lettuce	306%	27.1	Oegano, dried	27%	1.2	Mandarin oranges, canned	6%	5.8
Chicory greens	298%	15.3	Chili peppers	27%	8.8	Cucumber	6%	23.5
Parsley	281%	9.8	Green beans	24%	11.4	Blackberries	6%	8.2
Garden cress	259%	11.0	Coriander leaf, dried	24%	1.3	Tangerines, mandarin oranges	6%	6.7
Collards	256%	11.8	Sage	22%	1.1	Rhubarb	6%	16.8
Pumpkin	238%	13.6	Tomato paste	22%	4.3	Pork and beans, canned	5%	2.7
Basil	233%	13.1	Broccoli	21%	10.4	Artichokes	5%	7.5
Sweet potato	198%	4.1	Brussels sprouts	21%	8.2	Peaches in syrup, canned	4%	4.8
Paprika	192%	1.2	Green bell peppers	21%	17.6	Olives, canned	4%	3.1
Chives	174%	11.8	Watermelon	20%	11.8	Cumin seed	4%	0.9
Endive	153%	20.7	Apricots dried	18%	1.5	Sun-dried tomatoes	4%	1.4
Broccoli raab	143%	16.0	Chicken rice soup w/veg	17%	9.0	Tomatillos	4%	11.0
Red/cayenne pepper	137%	1.1	Thyme, dried	16%	1.3	Curry powder	4%	1.1
Dandelion greens	132%	7.8	Summer squash	15%	22.0	Beef liver	3%	2.6
Pimento, canned	128%	15.3	Zucchini	15%	22.0	Cabbage	3%	14.1
Red bell peppers	125%	13.6	Chicken noodle soup	15%	6.7	Dried plums	3%	1.5
Cantaloupe	119%	10.4	Okra	15%	11.4	Seaweed, kelp	3%	8.2
Arugula	114%	14.1	Papayas	14%	9.0	Stewed prunes	3%	3.3
Chili powder	96%	1.1	Soy milk	14%	6.8	Lima beans	3%	3.1

Foods highest in: Vitamin C

"% of Daily" is based upon a **90mg** nominal daily value.

"% of Daily" is the % of the amount required each day; this is in "Ounces" of each food. "Ounces" of each food is the amount that contains 100 calories.

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Acerola West Indian cherry	5825%	11.0	Romaine lettuce	157%	20.7	Tomatoes, ripe	78%	19.6
Red bell peppers	546%	13.6	Orange peel	156%	3.6	Rutabagas	77%	9.8
Green bell peppers	447%	17.6	Beet greens	152%	16.0	Okra	76%	11.4
Watercress	434%	32.1	Sprouted kidney beans	148%	12.2	Sprouted radish seeds	75%	8.2
Lemons, with peel	428%	17.6	Purslane	146%	22.0	Basil	74%	13.1
Parsley	410%	9.8	Spinach	136%	15.3	Litchis, dried	73%	1.3
Pimento, canned	410%	15.3	Green leaf lettuce	133%	23.5	Complete Wheat Bran	72%	1.1
Chili peppers	399%	8.8	Collards	131%	11.8	Gooseberries	70%	8.0
Chinese cabbage (bok choy)	385%	27.1	Coriander (cilantro) leaves	130%	15.3	Kumquats	69%	5.0
Guavas	373%	5.2	Oranges	126%	7.5	Total cereal	67%	1.1
Broccoli stalks	370%	12.6	Orange juice	123%	7.8	Complete Oat Bran Flakes	67%	1.0
Balsam-pear (bitter gourd)	326%	11.8	Cantaloupe	120%	10.4	Arugula	67%	14.1
Swamp cabbage	322%	18.6	Sprouted kidney beans, cooked	120%	10.7	Tomatoes, canned	61%	20.7
Lemon peel	305%	7.5	Tomato juice	120%	20.7	Sprouted mung beans, cooked	60%	16.8
Mustard greens	299%	13.6	Grapefruit	119%	11.0	Total Corn Flakes	60%	0.9
Broccoli	292%	10.4	Zucchini	118%	22.0	Apple juice,concentrate	60%	2.1
Kale	267%	7.1	Summer squash	118%	22.0	Green beans	58%	11.4
Kohlrabi	255%	13.1	Chicory greens	116%	15.3	Horseradish	58%	7.3
Garden cress	240%	11.0	Clementines	115%	7.5	Raspberries	56%	6.8
Coriander leaf, dried	226%	1.3	Grapefruit juice	108%	9.0	Tangerines, mandarin oranges	56%	6.7
Brussels sprouts	220%	8.2	Orange juice, California	108%	8.0	Honeydew melons	56%	9.8
Dill weed	220%	8.2	Limes	108%	11.8	Peas	55%	4.4
Chives	215%	11.8	Radishes	103%	22.0	Elderberries	55%	4.8
Turnip greens	208%	11.0	Broccoli raab	102%	16.0	Blackberries	54%	8.2
Lambsquarters, raw	207%	8.2	Orange juice,concentrate	96%	2.2	Grape juice concentrate, w/C	52%	2.0
Cauliflower	206%	14.1	Orange juice, fr/concentrate	96%	7.8	Peppermint, fresh	50%	5.0
Strawberries	204%	11.0	Mulberries	94%	8.2	Pear nectar, w/vit C	50%	5.9
Lemons	203%	12.2	Pineapple juice w/vit C	92%	6.7	Parsley, dried	49%	1.3
Thyme, fresh	176%	3.5	Dandelion greens	86%	7.8	Sprouted mung beans	49%	11.8
Papayas	176%	9.0	Sauerkraut, canned	86%	18.6	Mangos	47%	5.4
Swiss chard	175%	18.6	Pineapple	84%	7.3	Fennel bulbs	43%	11.4
Kiwi	169%	5.8	Turnips	83%	12.6	Endive	42%	20.7
Cabbage	163%	14.1	Gourd	80%	25.2	Rhubarb	42%	16.8
Podded peas	159%	8.4	Spinach, canned	79%	18.6	Tomatillos	41%	11.0

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Sprouted alfalfa seeds	40%	15.3	Marjoram, dried	21%	1.3	Pumpkin, canned	14%	10.4
Sprouted pinto beans	39%	5.7	Pork liver	21%	2.6	Nectarines	14%	8.0
Pumpkin	38%	13.6	Capers, canned	21%	15.3	Grape leaves	13%	3.8
Mandarin oranges, canned	36%	5.8	Cucumber	21%	23.5	Beets	13%	8.2
Spearmint, fresh	34%	8.0	Onions	21%	8.8	CHEX snack mix	12%	0.8
Cranberries	32%	7.7	Rosemary, dried	21%	1.1	Shallots	12%	4.9
Crushed tomatoes, canned	32%	11.0	Savory	20%	1.3	Sweet red cherries	12%	5.6
Boston lettuce	32%	27.1	Thyme, dried	20%	1.3	Cinnamon	12%	1.4
Sprouted navy beans	31%	5.3	Kellogg's Special K	20%	0.9	Chestnuts, european	12%	1.4
Sprouted pinto beans, cooked	31%	16.0	Clams	20%	4.8	Crabapples	12%	4.6
Watermelon	30%	11.8	Japanese chestnuts	19%	2.3	Sage	11%	1.1
Tomato paste	30%	4.3	Japanese chestnuts, dried	19%	1.0	Sprouted soybeans, cooked	11%	4.4
Saffron	29%	1.1	Blueberries	19%	6.2	Fiber One	11%	1.8
Potatoes with skin	28%	4.6	Taragon, dried	19%	1.2	Bananas	11%	4.0
Cloves	28%	1.1	Peaches	19%	9.0	Salsify, (vegetable oyster)	11%	4.3
Artichokes	28%	7.5	Rosemary, fresh	18%	2.7	White mushrooms	11%	16.0
Paprika	27%	1.2	Oegano, dried	18%	1.2	Mussels	10%	4.1
Dried basil	27%	1.4	Chinese chestnuts, raw	18%	1.6	Eggplant	10%	14.7
Red/cayenne pepper	27%	1.1	Pineapple, canned	18%	5.9	Potato sticks	10%	0.7
Red leaf lettuce	26%	22.0	Grapes	17%	5.1	Pears, asian	10%	8.4
Mashed potato flakes	25%	1.0	Catsup	17%	3.6	Pomegranates	10%	5.2
Parsnips	25%	4.7	Sprouted lentils	17%	3.3	Infant formula, SIMILAC	10%	5.3
Asparagus	25%	14.1	Chicken, liver	17%	3.0	Apples	10%	6.8
Sprouted navy beans, cooked	25%	4.5	Sun-dried tomatoes	17%	1.4	Ensure plus	9%	2.5
Tomato soup	24%	5.9	Plantains	17%	2.9	Smart Start Cereal	9%	1.0
Garlic	23%	2.4	Allspice	17%	1.3	Ginko nuts	9%	1.9
Apricots raw	23%	7.3	Bay leaf spice	17%	1.1	Black pepper	9%	1.4
Lima beans	23%	3.1	Bamboo shoots	16%	13.1	Sprouted peas	9%	2.8
Plums	23%	7.7	Avocados	16%	2.9	All-Bran Buds	9%	1.4
European chestnuts	23%	1.8	Yams	16%	3.0	Sweet yellow corn	9%	4.1
Chili powder	23%	1.1	Carrots	16%	8.6	All-Bran Original	9%	1.4
Sour red cherries	22%	7.1	Potatoes, no skin	15%	3.8	Smart Start Soy Protein	8%	1.0
Iceberg lettuce	22%	25.2	Multi-Grain Cheerios	15%	0.9	Ground tumeric	8%	1.0
Dill weed, dried	22%	1.4	Cheese lasagna	15%	2.7	Pears	8%	6.1
Soybeans, green	22%	2.4	All-Bran with fiber	14%	1.8	Human milk	8%	5.0
Leeks	22%	5.8	Sprouted soybeans	14%	2.9	White pepper	8%	1.2
Celery	22%	22.0	Sprouted lentils, cooked	14%	3.5	Coriander seed	8%	1.2

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Seaweed, kelp	8%	8.2	Scallops	4%	4.0	Mung beans	2%	1.0
Potato chips, barbecue	8%	0.7	Potato chips	4%	0.6	Kidney beans	2%	1.1
Dill seed	8%	1.2	Pumpkin pie mix, canned	4%	3.4	Trout	1%	2.4
Spaghetti squash	8%	11.4	Chicken vegetable soup	4%	5.1	Dove, Squab	1%	1.6
Cardamom	8%	1.1	Shredded wheat	3%	1.0	Monkfish	1%	4.6
Sprouted peas, cooked	7%	3.6	Meatball and pasta, canned	3%	3.4	Sprouted wheat	1%	1.8
Seaweed, wakame	7%	7.8	Potatoes, hashed brown	3%	1.6	Lentils	1%	1.0
Caraway seeds	7%	1.1	Sweet potato	3%	4.1	Pears in syrup, canned	1%	6.2
Avocados raw	7%	2.2	Applesauce	3%	8.2	Shiitake mushrooms	1%	1.2
Ginger root	7%	4.4	Cowpeas (blackeyes)	3%	3.9	Canadian bacon	1%	2.9
Anise seed	7%	1.0	New England clam chowder	3%	5.0	Eggnog	1%	2.6
Kellogg's Corn Flakes	7%	1.0	Stewed prunes	3%	3.3	Chickpeas (garbanzo)	1%	1.0
Fennel seed	7%	1.0	Figs	3%	4.8	Apricot nectar, canned	1%	6.3
Prune juice	6%	5.0	Beechnuts, dried	3%	0.6	Hazelnuts or filberts	1%	0.6
Wheaties	6%	1.0	Fortified skim milk	3%	8.6	Quail	1%	1.5
Cheerios	6%	1.0	Tofu yogurt	3%	3.8	Beef liver	1%	2.6
Oysters	6%	5.2	Vinegar, red wine	3%	18.6	Cod fish	1%	3.4
Garlic powder	6%	1.1	Raisin Bran Cereal	3%	1.1	Pheasant	1%	1.4
Papaya nectar, canned	6%	6.2	Chicken, dark meat	3%	2.8	Pork and beans, canned	1%	2.7
Manhattan clam chowder	6%	5.8	Yellow mustard	2%	5.3	Swordfish	1%	2.9
Chicken liver, canned	6%	1.8	Fruit cocktail in syrup	2%	4.0	Bread stuffing dry mix	1%	0.9
Potatoes, au gratin, mix	5%	1.1	Cumin seed	2%	0.9	Pistachio nuts	1%	0.6
Ground mace	5%	0.7	Ground ginger	2%	1.0	Navy beans	1%	1.0
Lipton onion soup mix	5%	1.3	Marmalade, orange	2%	1.4	Cream of potato soup	1%	5.9
Celery seeds	5%	0.9	Shrimp	2%	3.3	Yogurt, plain, whole milk	1%	5.8
Northern pike	5%	4.0	Goat milk	2%	5.1	Baby oatmeal, dry	1%	0.9
Onion powder	5%	1.0	Non-fat dry milk w vit A	2%	1.0	Olives, canned	1%	3.1
Chinese waterchestnuts	5%	3.6	Perch	2%	3.9	Raisins	1%	1.2
European chestnuts, dried	5%	1.0	Flounder	2%	3.9	Catfish	1%	3.4
Taro	4%	3.1	Pinto beans	2%	1.0	Frankfurter, pork	1%	1.3
Chicken gizzards	4%	3.8	Yogurt, fat free	2%	6.3	Sour cream, reduced fat	1%	2.3
Poultry seasoning	4%	1.1	Toasted wheat germ	2%	0.9	Sour cream, reduced fat	1%	2.3
Sheep milk	4%	3.3	Great northern beans	2%	1.0	Bread crumbs, seasoned	1%	0.9
Peaches in syrup, canned	4%	4.8	Polar bear meat	2%	2.7	Farm-raised crayfish	1%	4.9
Curry powder	4%	1.1	Cured Ham	2%	3.3	Half and half	1%	2.7
Seaweed, spirulina	4%	13.6	Soybeans	2%	0.8	Ham	1%	2.6
Crab	4%	4.1	Evaporated milk	2%	2.6	Mustard seed	1%	0.8

Foods highest in: Vitamin E

"% of Daily" is based upon a **15 mg** nominal daily value.

"% of Daily" is the % of the amount required each day; this is in "Ounces" of each food. "Ounces" of each food is the amount that contains 100 calories.

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Wheat germ oil	113%	0.4	Toasted wheat germ	28%	0.9	Infant formula, SIMILAC	13%	5.3
Total cereal	90%	1.1	Pumpkin	27%	13.6	Parsnips	13%	4.7
Multi-Grain Cheerios	82%	0.9	Kellogg's Special K	27%	0.9	Flaxseed oil	13%	0.4
Total Corn Flakes	80%	0.9	Tomatoes, canned	27%	20.7	Canola oil	13%	0.4
Complete Oat Bran Flakes	80%	1.0	Safflower oil, linoleic	26%	0.4	Green leaf lettuce	13%	23.5
Coriander (cilantro) leaves	72%	15.3	Capers, canned	26%	15.3	Tomato juice	13%	20.7
Dandelion greens	71%	7.8	Complete Wheat Bran	25%	1.1	Papayas	12%	9.0
Paprika	69%	1.2	Bamboo shoots	25%	13.1	Peaches	12%	9.0
Swiss chard	66%	18.6	Seaweed, agar	22%	13.6	Apricots raw	12%	7.3
Chicory greens	66%	15.3	Grapeseed oil	22%	0.4	Green bell peppers	12%	17.6
Red/cayenne pepper	63%	1.1	Pumpkin, canned	21%	10.4	Rhubarb	12%	16.8
Chili powder	62%	1.1	Tomatoes, ripe	20%	19.6	Palm oil	12%	0.4
Watercress	61%	32.1	Pimento, canned	20%	15.3	Apricots dried	12%	1.5
Turnip greens	60%	11.0	Dried basil	20%	1.4	Kohlrabi	12%	13.1
Spinach	59%	15.3	Blackberries	18%	8.2	Peanut oil	12%	0.4
Total Raisin Bran	53%	1.1	Thyme, dried	18%	1.3	Nectarines	12%	8.0
Mustard greens	52%	13.6	Cloves	18%	1.1	Potato sticks	12%	0.7
Collards	50%	11.8	Cranberries	17%	7.7	Chili peppers	12%	8.8
Smart Start Cereal	49%	1.0	Soy milk	17%	6.8	Mangos	11%	5.4
Broccoli raab	49%	16.0	Endive	17%	20.7	Arugula	11%	14.1
Beet greens	45%	16.0	Parsley, dried	17%	1.3	Manhattan clam chowder	11%	5.8
Curry powder	45%	1.1	Kiwi	16%	5.8	Celery	11%	22.0
Smart Start Soy Protein	45%	1.0	Hazelnuts or filberts	16%	0.6	Raspberries	11%	6.8
Oegano, dried	41%	1.2	Sage	16%	1.1	Lobster	11%	3.9
Red bell peppers	41%	13.6	Broccoli	15%	10.4	Olive oil	11%	0.4
Sunflower seed kernels	40%	0.6	Seaweed, wakame	15%	7.8	Corn oil	11%	0.4
Hazelnut oil	36%	0.4	Avocados	15%	2.9	Margarine, hydrogenated	11%	0.5
Tomato paste	35%	4.3	Garden cress	15%	11.0	Carrots	11%	8.6
Ground ginger	35%	1.0	Grape leaves	14%	3.8	Orange roughy	11%	4.6
Sunflower oil, oleic	31%	0.4	Taro	14%	3.1	Rice bran	10%	1.1
Sunflower oil, linoleic	31%	0.4	Parsley	14%	9.8	Leeks	10%	5.8
Asparagus	30%	14.1	Brussels sprouts	14%	8.2	Catsup	10%	3.6
Almonds	30%	0.6	Mulberries	13%	8.2	Peanuts	10%	0.6
Almond oil	30%	0.4	Seaweed, kelp	13%	8.2	Olives, canned	10%	3.1

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Pine nuts, dried	9%	0.5	Meatball and pasta, canned	5%	3.4	Poultry seasoning	3%	1.1
Boston lettuce	9%	27.1	Atlantic mackerel	5%	1.7	Clementines	3%	7.5
Green beans	9%	11.4	Sauerkraut, canned	5%	18.6	Papaya nector, canned	3%	6.2
Avocados raw	9%	2.2	Limes	5%	11.8	Clams	3%	4.8
Iceberg lettuce	9%	25.2	Whole duck egg	5%	1.9	Swordfish	3%	2.9
Oysters	8%	5.2	Chives	5%	11.8	Pistachio nuts	3%	0.6
Eggplant	8%	14.7	Chinese cabbage (bok choy)	5%	27.1	Oat bran	3%	1.4
Chinese waterchestnuts	8%	3.6	Wheat bran, crude	5%	1.6	Grapefruit	3%	11.0
Potato chips	8%	0.6	Egg, whole	5%	2.5	Crackers with cheese filling	3%	0.7
Tomatillos	8%	11.0	Cheese lasagna	5%	2.7	Artichokes	3%	7.5
Okra	8%	11.4	Pork and beans, canned	4%	2.7	Oranges	3%	7.5
Salad dressing, sesame seed	8%	0.8	Hard-boiled egg	4%	2.3	Tangerines, mandarin oranges	3%	6.7
All-Bran with fiber	7%	1.8	Peaches in syrup, canned	4%	4.8	Coriander leaf, dried	2%	1.3
Guavas	7%	5.2	Mackerel, canned	4%	2.3	Vanilla frosting	2%	0.8
Soybean oil	7%	0.4	Mussels	4%	4.1	Cinnamon	2%	1.4
Shrimp	7%	3.3	Lima beans	4%	3.1	Commercial bisquits	2%	1.0
Coffee, brewed	7%	352.7	All-Bran Buds	4%	1.4	Ramen noodle	2%	0.8
Blueberries	7%	6.2	Marjoram, dried	4%	1.3	New England clam chowder	2%	5.0
Ensure plus	6%	2.5	Mustard seed	4%	0.8	Chicken gizzards	2%	3.8
Red leaf lettuce	6%	22.0	Chicken, liver	4%	3.0	Apples	2%	6.8
Podded peas	6%	8.4	Cabbage	4%	14.1	Sprouted mung beans, cooked	2%	16.8
Strawberries	6%	11.0	Tomato soup	4%	5.9	Sprouted mung beans	2%	11.8
Soyburger	6%	1.8	Plums	4%	7.7	Beef broth,from cube	2%	117.6
Cumin seed	6%	0.9	Flounder	4%	3.9	Yams	2%	3.0
Pomegranates	6%	5.2	Apricot nectar, canned	4%	6.3	Tofu yogurt	2%	3.8
Ground tumeric	6%	1.0	Yellow mustard	4%	5.3	Ginger root	2%	4.4
Brazilnuts, dried	6%	0.5	Lemon peel	4%	7.5	Brown rice	2%	1.0
Gooseberries	6%	8.0	Lemons	3%	12.2	Butter	2%	0.5
Rutabagas	6%	9.8	Shad	3%	1.8	Wheaties	2%	1.0
Egg yolk	5%	1.1	Applesauce	3%	8.2	Rice cakes, brown rice	2%	0.9
Halibut	5%	3.2	Chicken liver, canned	3%	1.8	Cauliflower	2%	14.1
Cod fish	5%	3.4	All-Bran Original	3%	1.4	Plain frozen waffles	2%	1.1
Romaine lettuce	5%	20.7	Pink salmon, canned	3%	2.5	Cream of mushroom soup	2%	6.8
Cheese-flavor corn twists	5%	0.6	Fiber One	3%	1.8	Sweet potato	2%	4.1
Caraway seeds	5%	1.1	Orange juice,concentrate	3%	2.2	Quail	2%	1.5
Zucchini	5%	22.0	Orange juice, fr/concentrate	3%	7.8	Wheat	2%	1.0
Summer squash	5%	22.0	Anchovies	3%	2.7	Black walnuts, dried	2%	0.6

Foods highest in: Selenium

"% of Daily" is based upon a **70mcg** nominal daily value.

"% of Daily" is the % of the amount required each day; this is in "Ounces" of each food. "Ounces" of each food is the amount that contains 100 calories.

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Brazilnuts, dried	417%	0.5	Bluefish	42%	2.8	Spaghetti, enriched	24%	1.0
Italian (Crimini) mushrooms	138%	13.1	Beef liver	42%	2.6	Toasted wheat germ	24%	0.9
Oysters	134%	5.2	Mustard seed	41%	0.8	Whole-wheat bread	23%	1.4
Orange roughy	125%	4.6	Anchovies	40%	2.7	Veal liver	23%	2.5
Tuna, canned in water	99%	3.0	Chicken gizzards	39%	3.8	Chicken, light meat	22%	3.1
Chicken Broth 1% fat	79%	88.2	Durum wheat	38%	1.0	Shiitake mushrooms	22%	1.2
Mussels	74%	4.1	Ham	37%	2.6	Beef tip round, lean, choice	22%	2.7
Yellow mustard	70%	5.3	Salmon	37%	1.9	Tofu	21%	3.0
Monkfish	69%	4.6	Fresh tuna	36%	1.9	Beef round, 1/4" fat	21%	1.8
Chicken, liver	67%	3.0	Lean pork	36%	2.5	Kellogg's Special K	21%	0.9
Lobster	66%	3.9	Scallops	36%	4.0	Northern pike	20%	4.0
Crab	61%	4.1	Semolina, enriched	35%	1.0	Tofu, extra firm	20%	3.9
Dolphinfish	61%	4.1	Mackerel, canned	35%	2.3	Tofu, firm	20%	5.0
Portabella mushrooms	60%	13.6	Pink salmon, canned	34%	2.5	Perch	20%	3.9
White mushrooms	60%	16.0	Beef broth,from cube	33%	117.6	Tofu yogurt	20%	3.8
Ling	60%	4.1	Pork chops, lean boneless	33%	2.5	Catfish	19%	3.4
Swordfish	57%	2.9	Chicken liver, canned	33%	1.8	MultiGrain Oatmeal	19%	1.1
Grouper	57%	3.8	Turkey, dark meat	33%	2.8	Cottage cheese, 1% fat	18%	4.9
Pollock	57%	3.8	Egg, whole	32%	2.5	Manhattan clam chowder	18%	5.8
Farm-raised crayfish	56%	4.9	Wheat germ, crude	31%	1.0	Beef, round, lean	17%	1.5
Pork liver	56%	2.6	Atlantic mackerel	31%	1.7	Ricotta cheese, skim	17%	2.6
Egg white	55%	6.8	Sprouted wheat	31%	1.8	New England clam chowder	17%	5.0
Tuna, canned in oil	55%	1.8	Turkey, light meat	30%	3.1	Rye bread	17%	1.4
Tuna, canned in oil	55%	1.8	Beef, top sirloin lean	30%	2.7	7-grain bread	17%	1.4
Tilefish	54%	3.7	Top loin pork roast	29%	1.6	All-Bran Buds	17%	1.4
Striped bass	54%	3.6	Cheese lasagna	29%	2.7	Garlic powder	16%	1.1
Haddock	52%	3.1	Hard-boiled egg	28%	2.3	Boston brown bread, canned	16%	1.8
Flounder	51%	3.9	Whole duck egg	28%	1.9	Ground ginger	16%	1.0
Wheat bran, crude	51%	1.6	Chicken noodle soup	27%	6.7	Chicken, dark meat	15%	2.8
Shrimp	51%	3.3	Shad	26%	1.8	Bacon, cooked	15%	0.6
Cod fish	51%	3.4	Oat bran	26%	1.4	Wheat gluten	15%	1.0
Whiting	51%	3.0	Turkey leg, meat and skin	26%	2.4	Broccoli stalks	15%	12.6
Halibut	47%	3.2	Lean beef, chuck	25%	2.5	Barley	15%	1.0
Clams	47%	4.8	Egg yolk	25%	1.1	Parsley, dried	15%	1.3

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Tofu, fried	15%	1.3	Pork skins	11%	0.6	Rhubarb	7%	16.8
Coriander leaf, dried	15%	1.3	Whey, acid	11%	14.7	Capers, canned	7%	15.3
Sunflower seed kernels	15%	0.6	Oyster mushrooms	11%	10.1	Commercial bisquits	7%	1.0
Frankfurter, pork	15%	1.3	Chicken broth, condensed	11%	11.4	Soft pretzels	7%	1.0
Turkey wings	15%	1.7	Gelatin desserts, dry mix	11%	1.0	Ensure plus	7%	2.5
Cheerios	15%	1.0	Gelatin desserts, dry mix	11%	1.0	Enoki mushrooms	7%	8.0
Popovers, dry mix	14%	1.0	Chicken vegetable soup	11%	5.1	Coffee, instant, regular	7%	176.4
Italian bread	14%	1.3	Meatball and pasta, canned	11%	3.4	Milk 2% with vitamin A	7%	7.1
Coffee, instant, decaf	14%	176.4	Broccoli	11%	10.4	Pork and beans, canned	7%	2.7
Pumpernickel bread	14%	1.4	Beef, ground,15% fat	10%	1.6	Rice bran	7%	1.1
English muffins w. calcium	14%	1.3	Egg biscuit	10%	1.3	All-Bran with fiber	7%	1.8
Wonton wrappers	14%	1.2	Frankfurter, chicken	10%	1.4	Complete Oat Bran Flakes	7%	1.0
Garlic	14%	2.4	Whey, sweet	10%	13.1	Swiss cheese	7%	0.9
Sourdough or French Bread	13%	1.2	Frankfurter, turkey	10%	1.6	Flaxseeds	7%	0.7
Red leaf lettuce	13%	22.0	White bread	9%	1.3	Swiss chard	7%	18.6
Quail	13%	1.5	Tomato paste	9%	4.3	Swamp cabbage	7%	18.6
Soy milk	13%	6.8	Bread crumbs, seasoned	9%	0.9	Boston lettuce	7%	27.1
Croutons	13%	0.9	Yogurt, fat free	9%	6.3	Corned beef hash	7%	2.2
Asparagus	13%	14.1	Italian pork sausage	9%	1.0	Broccoli raab	6%	16.0
Dove, Squab	13%	1.6	Rice cakes, brown rice	9%	0.9	Fiber One	6%	1.8
Baby oatmeal, dry	13%	0.9	Malted milk, chocolate	9%	4.1	Limburger cheese	6%	1.1
Bagels, plain	13%	1.4	Brown rice	9%	1.0	Multi-Grain Cheerios	6%	0.9
Trout	13%	2.4	Spinach, canned	9%	18.6	Spinach	6%	15.3
Coriander seed	13%	1.2	Whole milk 3.25% fat	9%	5.9	Brie cheese	6%	1.1
Chicken noodle soup mix	12%	0.9	Molasses	9%	1.2	Collards	6%	11.8
Tomato soup	12%	5.9	Smart Start Cereal	8%	1.0	Soybeans	6%	0.8
Pheasant	12%	1.4	Fortified skim milk	8%	8.6	Chocolate-flavor milk	6%	4.1
Ricotta cheese	12%	2.0	Horseradish	8%	7.3	Provolone cheese	6%	1.0
Wild rabbit	12%	3.1	Parmesan cheese	8%	0.9	Cocoa, dry powder	6%	1.2
Watercress	12%	32.1	Parmesan cheese	8%	0.9	Corn flour, enriched	6%	1.0
Deer meat	12%	2.9	Feta cheese	8%	1.3	Blue cheese	6%	1.0
Pinto beans	11%	1.0	Mozzarella cheese, skim	8%	1.4	Parmesan cheese, grated	6%	0.8
Milk 1% with vitamin A	11%	8.4	Purslane	8%	22.0	Beet greens	6%	16.0
Whey, sweet, dried	11%	1.0	Link sausage, smoked	8%	0.9	Oat bran muffins	6%	1.3
Bread stuffing dry mix	11%	0.9	Kashi GoLean Crunch	8%	0.9	Gouda cheese	6%	1.0
White rice, enriched	11%	2.9	Crackers, saltines, fat-free	8%	0.9	Navy beans	6%	1.0
Non-fat dry milk w vit A	11%	1.0	Curry powder	8%	1.1	Plain frozen waffles	6%	1.1

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Green leaf lettuce	6%	23.5	Chives	4%	11.8	Sun-dried tomatoes	3%	1.4
Dill seed	6%	1.2	Balsam-pear (bitter gourd)	4%	11.8	Lambsquarters, raw	3%	8.2
Muenster cheese	6%	1.0	Bamboo shoots	4%	13.1	Sprouted kidney beans	3%	12.2
Roquefort cheese	6%	1.0	Sprouted mung beans, cooked	4%	16.8	Crackers with cheese filling	3%	0.7
Coriander (cilantro) leaves	6%	15.3	Garden cress	4%	11.0	Cashew nuts, roasted	3%	0.6
Monterey cheese	6%	0.9	Butternuts, dried	4%	0.6	Goat milk	3%	5.1
Chinese cabbage (bok choy)	5%	27.1	Distilled vinegar	4%	19.6	Sprouted mung beans	3%	11.8
American cheese	5%	0.9	Red/cayenne pepper	4%	1.1	Cucumber	3%	23.5
White beans	5%	1.0	Black walnuts, dried	4%	0.6	Gravy, au jus, dry	3%	1.1
Great northern beans	5%	1.0	Quaker Puffed Rice	4%	0.9	Honeydew melons	3%	9.8
Cranberry beans	5%	1.1	Sprouted pinto beans, cooked	4%	16.0	Rutabagas	3%	9.8
Pink beans	5%	1.0	Seaweed, spirulina	4%	13.6	Green beans	3%	11.4
Mashed potato flakes	5%	1.0	Seaweed, agar	4%	13.6	Oegano, dried	3%	1.2
Turnip greens	5%	11.0	Beef jerky	4%	0.9	Chili powder	3%	1.1
Radishes	5%	22.0	Sprouted alfalfa seeds	4%	15.3	Acerola West Indian cherry	3%	11.0
Romano cheese	5%	0.9	Kohlrabi	4%	13.1	Crushed tomatoes, canned	3%	11.0
Brussels sprouts	5%	8.2	Human milk	4%	5.0	Raisin Bran Cereal	3%	1.1
Frankfurter beef	5%	1.1	Cowpeas (blackeyes)	4%	3.9	Cloves	3%	1.1
Yellow beans	5%	1.0	Celery	4%	22.0	Sprouted kidney beans, cooked	3%	10.7
Colby cheese	5%	0.9	Turnips	4%	12.6	Infant formula, SIMILAC	3%	5.3
Granola bars, plain	5%	0.8	Ramen noodle	4%	0.8	Saffron	3%	1.1
Caraway seeds	5%	1.1	Buckwheat	3%	1.0	Kale	3%	7.1
All-Bran Original	5%	1.4	Graham crackers	3%	0.8	Tomato juice	3%	20.7
Yogurt, plain, whole milk	5%	5.8	Saltines (oyster, soup)	3%	0.8	Biscuits, plain, dry mix	3%	0.8
Cashew nuts, raw	5%	0.6	Fava beans	3%	1.0	Cheese-flavor corn twists	2%	0.6
Miso	5%	1.8	Parsnips	3%	4.7	Evaporated milk	2%	2.6
Hot cocoa, homemade	5%	4.6	Cauliflower	3%	14.1	Savory	2%	1.3
Cream of mushroom soup	5%	6.8	Mung beans	3%	1.0	Podded peas	2%	8.4
Mustard greens	5%	13.6	Romaine lettuce	3%	20.7	Shallots	2%	4.9
Cheddar cheese	5%	0.9	Lentils	3%	1.0	Thyme, dried	2%	1.3
Granola bars	5%	0.7	Poultry seasoning	3%	1.1	Dehydrated brown gravy	2%	1.0
Complete Wheat Bran	5%	1.1	Kellogg's Corn Flakes	3%	1.0	Marjoram, dried	2%	1.3
Potatoes, au gratin, mix	5%	1.1	Total Raisin Bran	3%	1.1	Potato chips, barbecue	2%	0.7
Sauerkraut, canned	5%	18.6	Okra	3%	11.4	Leeks	2%	5.8
Cornmeal	4%	1.0	Fennel bulbs	3%	11.4	Seaweed, kelp	2%	8.2
Eggnog	4%	2.6	Chickpeas (garbanzo)	3%	1.0	Beets	2%	8.2
Celery seeds	4%	0.9	Peas	3%	4.4	Baking chocolate	2%	0.7

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	Ounces	Food	Net Score	Ounces	Food	Net Score	Ounces
Watercress	1096	32.1	TOTAL Raisin Bran	648	1.1	Cauliflower	460	14.1
TOTAL cereal	1084	1.1	Okra	632	11.4	Mackerel, canned	458	2.3
COMPLETE Wheat Bran	1072	1.1	White mushrooms	629	16.0	Salmon	452	1.9
Spinach	1070	15.3	Dandelion greens	628	7.8	Dill weed, dried	451	1.4
Complete Oat Bran Flakes	1056	1.0	Kale	621	7.1	Savory	450	1.3
Chicory greens	962	15.3	Thyme, fresh	619	3.5	Atlantic mackerel	450	1.7
TOTAL Corn Flakes	953	0.9	Spearmint, dried	617	1.2	Anchovies	450	2.7
Beet greens	931	16.0	Portabella mushrooms	593	13.6	Cod liver oil	449	0.4
Basil	916	13.1	SMART START Cereal	593	1.0	Pimento, canned	443	15.3
Multi-Grain Cheerios	898	0.9	Marjoram, dried	589	1.3	Pollock	441	3.8
Coriander (cilantro) leaves	896	15.3	Thyme, dried	589	1.3	Striped bass	436	3.6
Broccoli raab	887	16.0	Asparagus	586	14.1	WHEATIES	436	1.0
Mustard greens	878	13.6	Seaweed, spirulina	581	13.6	Podded peas	434	8.4
Swiss chard	873	18.6	Red leaf lettuce	574	22.0	Cabbage	433	14.1
Endive	858	20.7	Mussels	573	4.1	Oyster mushrooms	429	10.1
ALL-BRAN with fiber	851	1.8	Clams	573	4.8	Seaweed, kelp	424	8.2
Chinese cabbage (bok choy)	850	27.1	Italian (Crimini) mushrooms	568	13.1	Celery	422	22.0
Turnip greens	846	11.0	Sprouted kidney beans	561	12.2	Bluefish	421	2.8
Parsley	823	9.8	Broccoli	557	10.4	Lobster	417	3.9
Oysters	820	5.2	Wheat bran, crude	545	1.6	Taragon, dried	417	1.2
Balsam-pear (bitter gourd)	812	11.8	SMART START Soy Protein	541	1.0	Tomatoes, ripe	416	19.6
Pork liver	795	2.6	Toasted Wheat Bran	541	1.8	Iceberg lettuce	410	25.2
ALL-BRAN Original	777	1.4	Pink salmon, canned	536	2.5	Chili powder	408	1.1
Beef liver	765	2.6	Brussels sprouts	535	8.2	Salmon oil	407	0.4
Chives	764	11.8	Zucchini	535	22.0	Sprouted mung beans, cooked	397	16.8
Dill weed	760	8.2	Peppermint, fresh	535	5.0	Tilefish	396	3.7
Green leaf lettuce	751	23.5	Summer squash	528	22.0	Sprouted mung beans	395	11.8
Purslane	745	22.0	Sprouted kidney beans, cooked	525	10.7	Chili peppers	394	8.8
Dried basil	738	1.4	Oegano, dried	519	1.2	Toasted wheat germ	394	0.9
Collards	730	11.8	FIBER ONE	519	1.8	Green beans	393	11.4
Chicken, liver	727	3.0	Crab	518	4.1	Bamboo shoots	393	13.1
Romaine lettuce	725	20.7	Seaweed, wakame	517	7.8	Poultry seasoning	392	1.1
Coriander leaf, dried	725	1.3	Fresh tuna	509	1.9	Green bell peppers	391	17.6
Swamp cabbage	721	18.6	Rice bran	504	1.1	Pumpkin	389	13.6
Garden cress	702	11.0	Paprika	498	1.2	Halibut	389	3.2
Veal liver	699	2.5	Sprouted alfalfa seeds	496	15.3	Swordfish	388	2.9
Spearmint, fresh	694	8.0	Broccoli stalks	494	12.6	Lemons, with peel	388	17.6
Arugula	691	14.1	KELLOGG'S SPECIAL K	485	0.9	Flounder	386	3.9
Spinach, canned	690	18.6	Red bell peppers	484	13.6	Farm-raised crayfish	383	4.9
Boston lettuce	687	27.1	Tuna, canned in water	473	3.0	Shrimp	382	3.3
Parsley, dried	676	1.3	Sage	473	1.1	Tomato juice	382	20.7
Lambsquaters, raw	673	8.2	Grape leaves	472	3.8	Perch	380	3.9
ALL-BRAN BUDS	661	1.4						

Food	Net Score	Ounces	Food	Net Score	Ounces	Food	Net Score	Ounces
Red/cayenne pepper	380	1.1	Yellow mustard	298	5.3	Coriander seed	242	1.2
Dolphinfish	377	4.1	Sardine oil	298	0.4	Papayas	242	9.0
Whiting	377	3.0	Ham	297	2.6	Beef round, 1/4" fat	242	1.8
Trout	370	2.4	Sprouted soybeans, cooked	296	4.4	Soybeans, green	239	2.4
CHEERIOS	368	1.0	Tomatoes, canned	296	20.7	Wild rabbit	236	3.1
Northern pike	365	4.0	Beef tip round, lean, choice	295	2.7	Pineapple	236	7.3
Haddock	365	3.1	Artichokes	293	7.5	Raspberries	234	6.8
Deer meat	364	2.9	Carrots	291	8.6	Cardamom	233	1.1
Ling	361	4.1	Lean pork	291	2.5	Saffron	232	1.1
Sprouted navy beans	360	5.3	Beef, top sirloin lean	289	2.7	Sprouted lentils	231	3.3
Grouper	360	3.8	Pork chops, lean boneless	288	2.5	Turnips	231	12.6
Seaweed, agar	359	13.6	Blackberries	285	8.2	Lentils	229	1.0
Shiitake mushrooms	356	1.2	Peas	285	4.4	Cottage cheese, 1% fat	227	4.9
Wheat germ, crude	356	1.0	Ground tumeric	284	1.0	Cranberry beans	224	1.1
Sprouted radish seeds	355	8.2	Tuna, canned in oil	283	1.9	Turkey leg, meat and skin	224	2.4
Kohlrabi	355	13.1	Rosemary, fresh	281	2.7	Cowpeas (blackeyes)	223	3.9
Bay leaf spice	355	1.1	Tuna, canned in oil	279	1.8	Mustard seed	222	0.8
Orange roughy	354	4.6	Eggplant	279	14.7	Sprouted lentils, cooked	222	3.5
Radishes	354	22.0	Cumin seed	279	0.9	Anise seed	222	1.0
Menhaden oil	345	0.4	Lean beef, chuck	278	2.5	Sunflower seed kernels	220	0.6
Cod fish	343	3.4	Tofu, firm	277	5.0	Great northern beans	218	1.0
Cinnamon	337	1.4	Cloves	277	1.1	Fava beans	218	1.0
Monkfish	334	4.6	Cantaloupe	276	10.4	Non-fat dry milk w vit A	218	1.0
Sprouted pinto beans	334	5.7	Leeks	274	5.8	Kiwi	218	5.8
Soy protein isolate	331	1.0	Lemon peel	274	7.5	Beef, round, lean	218	1.5
Oat bran	330	1.4	Rosemary, dried	274	1.1	Mung beans	218	1.0
Shad	327	1.8	Soy milk	274	6.8	Orange peel	218	3.6
Egg white	327	6.8	Sprouted soybeans	271	2.9	Navy beans	218	1.0
Raisin Bran Cereal	325	1.1	Enoki mushrooms	270	8.0	Kidney beans	217	1.1
Rhubarb	325	16.8	Turkey, dark meat	270	2.8	Adzuki beans	216	1.1
Pumpkin, canned	324	10.4	Baby oatmeal, dry	268	0.9	Lemons	215	12.2
Curry powder	323	1.1	Soybeans	264	0.8	Limes	214	11.8
Fennel seed	321	1.0	Cucumber	264	23.5	White beans	214	1.0
Sauerkraut, canned	320	18.6	Fortified skim milk	263	8.6	Garlic	213	2.4
POST 100% BRAN	320	1.2	Tofu, extra firm	261	3.9	Yogurt, fat free	213	6.3
Sprouted navy beans, cooked	320	4.5	Chicken liver, canned	261	1.8	Tomatillos	212	11.0
Turkey, light meat	317	3.1	Ground ginger	258	1.0	Cocoa, dry powder	212	1.2
Scallops	316	4.0	Strawberries	255	11.0	Yellow beans	211	1.0
Catfish	316	3.4	Caraway seeds	254	1.1	Sun-dried tomatoes	211	1.4
Black pepper	316	1.4	Fennel bulbs	254	11.4	Grapefruit	209	11.0
Chicken, light meat	315	3.1	Guavas	253	5.2	Top loin pork roast	207	1.6
Capers, canned	313	15.3	Lima beans	252	3.1	Pinto beans	206	1.0
Crushed tomatoes, canned	310	11.0	Rutabagas	251	9.8	Sweet potato	206	4.1
KELLOGG'S Corn Flakes	308	1.0	Dill seed	250	1.2	Milk 1% with vitamin A	206	8.4
Celery seeds	307	0.9	Chicken, dark meat	249	2.8	Pink beans	206	1.0
Gourd	300	25.2	Acerola West Indian cherry	246	11.0	Beets	205	8.2
Sprouted pinto beans, cooked	299	16.0	Tomato paste	243	4.3	Gooseberries	204	8.0

Food	Net Score	Ounces	Food	Net Score	Ounces	Food	Net Score	Ounces
Manhattan clam chowder	201	5.8	Whole-wheat bread	147	1.4	Egg, whole	123	2.5
Pumpkin pie mix, canned	201	3.4	Potatoes with skin	146	4.6	Bagels, plain	122	1.4
Black beans	198	1.0	Corn flour, enriched	145	1.0	Taro	122	3.1
Caribou liver	196	2.9	7-grain bread	144	1.4	Whey, sweet, dried	122	1.0
Chickpeas (garbanzo)	194	1.0	Baking chocolate	144	0.7	Wheat	121	1.0
Poppy seed	192	0.7	Barley	143	1.0	MultiGrain Oatmeal	121	1.1
Split peas	192	1.0	Turkey wings	143	1.7	Watermelon seeds, dried	120	0.6
Brazilnuts, dried	190	0.5	Peanuts	142	0.6	Pork and beans, canned	120	2.7
New England clam chowder	190	5.0	Whole duck egg	142	1.9	White rice, enriched	119	2.9
Parsnips	190	4.7	Avocados raw	142	2.2	Sour red cherries	119	7.1
Apricots raw	188	7.3	GRAPE-NUTS Cereal	142	1.0	Parmesan cheese, grated	118	0.8
Mulberries	188	8.2	Garlic powder	141	1.1	Yams	118	3.0
Pumpkin/squash seeds	187	0.7	Herring oil	141	0.4	Chinese waterchestnuts	117	3.6
Tempeh	186	1.8	Pine nuts, dried	141	0.5	Watermelon	117	11.8
Orange juice, California	182	8.0	Ricotta cheese, skim	139	2.6	Chicken broth w sodium	116	22.0
Sprouted peas	180	2.8	Sweet yellow corn	139	4.1	Mashed potato flakes	116	1.0
Sesame seeds	180	0.6	Orange juice,concentrate	138	2.2	Ensure plus	116	2.5
Oranges	179	7.5	Oat bran muffins	138	1.3	Rice cakes, brown rice	115	0.9
Grapefruit juice	179	9.0	Beef, ground,15% fat	138	1.6	Dove, Squab	114	1.6
Allspice	178	1.3	Spaghetti, enriched	138	1.0	Onions	113	8.8
CHEX snack mix	177	0.8	Bulgur	137	1.0	Potatoes, no skin	113	3.8
Durum wheat	177	1.0	Semolina, enriched	137	1.0	Hummus	113	2.1
Shallots	176	4.9	Butternuts, dried	137	0.6	Rye bread	111	1.4
Elderberries	176	4.8	Spaghetti squash	137	11.4	Ground mace	111	0.7
Sprouted wheat	171	1.8	Cheese lasagna	137	2.7	Mangos	111	5.4
Soyburger	171	1.8	Shredded wheat	136	1.0	Honeydew melons	110	9.8
White pepper	171	1.2	Mozzarella cheese, skim	136	1.4	Sheep milk	110	3.3
Oats	165	0.9	Parmesan cheese	134	0.8	Cashew nuts, roasted	110	0.6
Hazelnuts or filberts	162	0.6	Plain frozen waffles	133	1.1	Italian bread	109	1.3
Milk 2% with vitamin A	162	7.1	Buckwheat	131	1.0	Pineapple, canned	109	5.9
Sprouted peas, cooked	160	3.6	Avocados	130	2.9	Chia seeds, dried	109	0.7
Black walnuts, dried	159	0.6	WHEATENA	130	6.3	Romano cheese	108	0.9
Flaxseeds	158	0.7	Cashew nuts, raw	128	0.6	Ginger root	108	4.4
Japanese chestnuts	158	2.3	Quinoa	128	0.9	Gelatin desserts, dry mix	108	1.0
Japanese chestnuts, dried	158	1.0	Wild rice	128	1.0	Millet	107	0.9
Cranberries	156	7.7	Salsify, (vegetable oyster)	127	4.3	Whey, sweet	107	13.1
Lotus seeds, dried	156	1.1	Chicken noodle soup	126	6.7	Hot cocoa, homemade	107	4.6
Lotus seeds raw	156	4.0	Pistachio nuts	126	0.6	Polar bear meat	106	2.7
Tofu, fried	155	1.3	Brown rice	125	1.0	Tofu	105	3.0
Almonds	154	0.6	Swiss cheese	125	0.9	Whole wheat hard pretzels	105	1.0
Orange juice	152	7.8	Chicken vegetable soup	125	5.1	Yogurt, plain, whole milk	104	5.8
Pineapple juice w/vit C	152	6.7	Pumpernickel bread	124	1.4	Peaches	104	9.0
Clementines	151	7.5	English muffins w. calcium	124	1.3	Ginko nuts	104	1.9
Kumquats	151	5.0	Tangerines, mandarin oranges	124	6.7	Pinyon nuts, dried	103	0.6
Horseradish	148	7.3	Parmesan cheese	124	0.9	Quail	101	1.5
Whey, acid	147	14.7	Chinese chestnuts, raw	123	1.6	Chestnuts, european	101	1.4
Orange juice, fr/concentrate	147	7.8	Whole milk 3.25% fat	123	5.9	Sourdough or French Bread	101	1.2

Food	Net Score	Ounces	Food	Net Score	Ounces	Food	Net Score	Ounces
Provolone cheese	100	1.0	Plantains	77	2.9	Potatoes, hashed brown	51	1.6
Chicken gizzards	100	3.8	Popovers, dry mix	77	1.0	Frankfurter beef	51	1.1
Frankfurter, pork	99	1.3	Hard pretzels	75	0.9	Sunflower oil, linoleic	48	0.4
Pecans	99	0.5	KELLOGG'S NUTRI- GRAIN	75	1.0	Potatoes, au gratin, mix	48	1.1
Bread crumbs, seasoned	99	0.9	Chicken broth, condensed	74	11.4	KASHI GOLEAN CRUNCH	46	0.9
Pumpkin and squash seeds	98	0.8	Cider vinegar	74	16.8	Groung nutmeg	44	0.7
Hard-boiled whole egg	98	2.3	Pheasant	73	1.4	Apple juice,concentrate	44	2.1
Nectarines	98	8.0	Granola bars	73	0.7	Figs	44	4.8
Gouda cheese	97	1.0	Plums	72	7.7	Crabapples	44	4.6
Goat milk	97	5.1	Pear nectar, w/vit C	71	5.9	Cornmeal	44	1.0
Wheat germ oil	97	0.4	Hazelnut oil	71	0.4	Dried plums	44	1.5
Macadamia nuts	96	0.5	Frankfurter, turkey	71	1.6	Grapes	44	5.1
Infant formula, SIMILAC	96	5.3	Roquefort cheese	71	1.0	Canola oil	43	0.4
Chocolate-flavor milk	96	4.1	QUAKER Puffed Rice	70	0.9	Glazed doughnuts	43	0.9
Meatball and pasta, canned	95	3.4	Potato chips	70	0.6	Olive oil	43	0.4
Bacon, cooked	95	0.6	Tofu yogurt	69	3.8	Vinegar, red wine	42	18.6
Ricotta cheese	94	2.0	Sunflower oil, oleic	68	0.4	Apricot nectar, canned	42	6.3
Goat cheese	93	0.8	Apricots dried	68	1.5	Sweet red cherries	41	5.6
Litchis, dried	92	1.3	Pork skins	66	0.6	Prune juice	40	5.0
Trail mix, regular	92	0.8	Egg yolk	65	1.1	Grape juice concentrate, w/C	39	2.0
Boston brown bread, canned	91	1.8	Couscous	65	0.9	Cheese-flavor corn twists	39	0.6
Popcorn, air-popped	91	0.9	Beechnuts, dried	64	0.6	Graham crackers	38	0.8
Wonton wrappers	91	1.2	American cheese	64	0.9	Eggnog	38	2.6
White bread	91	1.3	Mandarin oranges, canned	64	5.8	Fruit cocktail in syrup	37	4.0
Limburger cheese	91	1.1	Molasses	64	1.2	Margarine, hydrogenated	37	0.5
Blueberries	89	6.2	Corned beef hash	64	2.2	Pears	37	6.1
Tomato soup	88	5.9	Cream of mushroom soup	61	6.8	Beef jerky	37	0.9
European chestnuts	88	1.8	Potato chips, barbecue	61	0.7	Chocolate chip cookies	36	0.8
Walnuts	88	0.5	Almond oil	61	0.4	Half and half	36	2.7
Monterey cheese	87	0.9	Olives, canned	61	3.1	Corn oil	33	0.4
Bread stuffing dry mix	86	0.9	Pears, asian	60	8.4	Stewed prunes	32	3.3
Malted milk, chocolate	86	4.1	Puffed millet	60	1.0	Safflower oil, linoleic	30	0.4
Onion powder	86	1.0	Egg biscuit	59	1.3	Human milk	29	5.0
Feta cheese	85	1.3	Commercial bisquits	59	1.0	Avocado oil	29	0.4
Muenster cheese	84	1.0	English muffins	59	1.5	Catsup	27	3.6
Croutons	84	0.9	Biscuits, plain, dry mix	59	0.8	Pomegranates	26	5.2
Evaporated milk	83	2.6	Granola bars, plain	58	0.8	Peanut oil	25	0.4
Crackers, saltines, fat-free	83	0.9	Gingersnaps	58	0.8	Soft pretzels	25	1.0
Link sausage, smoked	82	0.9	Sorghum	57	1.0	Puffed Wheat	25	1.1
Bananas	82	4.0	Chicken noodle soup mix	57	0.9	Distilled vinegar	24	19.6
European chestnuts, dried	81	1.0	Wheat gluten	56	1.0	Grapeseed oil	24	0.4
Brie cheese	81	1.1	Frankfurter, chicken	55	1.4	Apples	23	6.8
Cheddar cheese	80	0.9	Potato sticks	54	0.7	Fig bars	20	1.0
Cream of potato soup	80	5.9	Miso	54	1.8	Flaxseed oil	18	0.4
Colby cheese	79	0.9	Ramen noodle	53	0.8	Soybean oil	18	0.4
Italian pork sausage	79	1.0	Saltines (oyster, soup)	53	0.8	Cake, white, dry mix	17	0.8
Blue cheese	78	1.0	Crackers with cheese filling	51	0.7	Veggie Dog	17	2.6

Top foods for providing Vitamins

"Vitamin Score" is based on 100 calories of each food. The amount of each food for 100 calories is the "Ounces" of food presented.

Food	Vitamin Score	Ounces	Food	Vitamin Score	Ounces	Food	Vitamin Score	Oz
Acerola West Indian cherry	5910	11.0	Complete Oat Bran Flakes	844	1.0	Cauliflower	381	14.1
Parsley	2576	9.8	Chicken, liver	767	3.0	Cabbage	370	14.1
Swiss chard	2428	18.6	Total Corn Flakes	761	0.9	Sweet potato	368	4.1
Watercress	2293	32.1	Balsam-pear (bitter gourd)	752	11.8	Cantaloupe	367	10.4
Mustard greens	2057	13.6	Coffee, brewed	746	352.7	Parsley, dried	367	1.3
Spinach	2019	15.3	Pimento, canned	744	15.3	Chili powder	367	1.1
Green leaf lettuce	1670	23.5	Dill weed	741	8.2	Sprouted kidney beans	365	12.2
Kale	1495	7.1	Multi-Grain Cheerios	733	0.9	Lemon peel	356	7.5
Beet greens	1493	16.0	Grape leaves	728	3.8	Kohlrabi	332	13.1
Turnip greens	1482	11.0	Pumpkin	707	13.6	Spearmint, fresh	331	8.0
Veal liver	1470	2.5	All-Bran Original	677	1.4	Zucchini	329	22.0
Coriander (cilantro) leaves	1420	15.3	Dandelion greens	669	7.8	Thyme, dried	329	1.3
Chinese cabbage (bok choy)	1416	27.1	All-Bran with fiber	668	1.8	Sage	328	1.1
Garden cress	1409	11.0	Oysters	644	5.2	Thyme, fresh	327	3.5
Collards	1399	11.8	Green bell peppers	603	17.6	Summer squash	327	22.0
Red leaf lettuce	1342	22.0	Paprika	600	1.2	Podded peas	326	8.4
Chicory greens	1337	15.3	All-Bran Buds	592	1.4	Okra	326	11.4
Romaine lettuce	1316	20.7	Chili peppers	573	8.8	Asparagus	316	14.1
Beef liver	1254	2.6	Arugula	566	14.1	Sprouted kidney beans, cooked	305	10.7
Clams	1186	4.8	Broccoli	559	10.4	Tomato juice	299	20.7
Swamp cabbage	1136	18.6	Broccoli stalks	542	12.6	White mushrooms	299	16.0
Basil	1095	13.1	Coriander leaf, dried	525	1.3	Mussels	298	4.1
Endive	1084	20.7	Brussels sprouts	501	8.2	Wheaties	291	1.0
Boston lettuce	1042	27.1	Cod liver oil	499	0.4	Papayas	289	9.0
Pumpkin, canned	1007	10.4	Lemons, with peel	489	17.6	Tomatoes, ripe	279	19.6
Red bell peppers	976	13.6	Caribou liver	472	2.9	Celery	269	22.0
Pork liver	921	2.6	Total Raisin Bran	464	1.1	Fiber One	259	1.8
Carrots	914	8.6	Smart Start Cereal	453	1.0	Portabella mushrooms	258	13.6
Chives	900	11.8	Guavas	445	5.2	Seaweed, wakame	257	7.8
Spinach, canned	883	18.6	Dried basil	435	1.4	Iceberg lettuce	256	25.2
Complete Wheat Bran	880	1.1	Red/cayenne pepper	428	1.1	Peppermint, fresh	256	5.0
Lambquarters, raw	860	8.2	Kellogg's Special K	428	0.9	Strawberries	254	11.0
Broccoli raab	859	16.0	Smart Start Soy Protein	405	1.0	Kellogg's Corn Flakes	252	1.0
Total cereal	857	1.1	Purslane	404	22.0	Lemons	246	12.2

Food	Vitamin Score	Ounces	Food	Vitamin Score	Ounces	Food	Vitamin Score	Oz
Sprouted radish seeds	243	8.2	Grapefruit juice	156	9.0	Dill weed, dried	114	1.4
Italian (Crimini) mushrooms	238	13.1	Sprouted pinto beans	155	5.7	Wheat germ oil	114	0.4
Kiwi	233	5.8	Sprouted navy beans	154	5.3	Tangerines, mandarin oranges	113	6.7
Oegano, dried	229	1.2	Manhattan clam chowder	153	5.8	Mangos	113	5.4
Marjoram, dried	221	1.3	Poultry seasoning	152	1.1	Baby oatmeal, dry	110	0.9
Seaweed, kelp	221	8.2	Toasted Wheat Bran	151	1.8	Rosemary, fresh	109	2.7
Crab	221	4.1	Deer meat	150	2.9	Salmon	107	1.9
Chicken Broth 1% fat	219	88.2	Tomato paste	150	4.3	Striped bass	107	3.6
Grapefruit	214	11.0	Peas	149	4.4	Raspberries	105	6.8
Sprouted alfalfa seeds	213	15.3	Crushed tomatoes, canned	149	11.0	Toasted wheat germ	104	0.9
Pink salmon, canned	212	2.5	Orange juice,concentrate	148	2.2	Pollock	104	3.8
New England clam chowder	209	5.0	Orange juice, fr/concentrate	148	7.8	Curry powder	104	1.1
Green beans	207	11.4	Limes	147	11.8	Horseradish	103	7.3
Sprouted mung beans	205	11.8	Seaweed, spirulina	145	13.6	Fennel bulbs	102	11.4
Sprouted mung beans, cooked	204	16.8	Shiitake mushrooms	145	1.2	Bay leaf spice	101	1.1
Orange peel	200	3.6	Apricots raw	144	7.3	Honeydew melons	101	9.8
Cheerios	199	1.0	Gourd	142	25.2	Eggplant	101	14.7
Spearmint, dried	197	1.2	Mulberries	141	8.2	Whole duck egg	100	1.9
Tomatoes, canned	196	20.7	Bamboo shoots	139	13.1	Wheat bran, crude	100	1.6
Pumpkin pie mix, canned	195	3.4	Rutabagas	139	9.8	Savory	99	1.3
Radishes	194	22.0	Taragon, dried	139	1.2	Kumquats	99	5.0
Sauerkraut, canned	194	18.6	Turnips	136	12.6	Elderberries	99	4.8
Oyster mushrooms	190	10.1	Blackberries	133	8.2	Beets	99	8.2
Rice bran	188	1.1	Cucumber	132	23.5	Chicken vegetable soup	99	5.1
Fresh tuna	185	1.9	Seaweed, agar	129	13.6	Rosemary, dried	98	1.1
Chicken liver, canned	184	1.8	Soy milk	127	6.8	Parsnips	96	4.7
Oranges	180	7.5	Bluefish	126	2.8	Fortified skim milk	96	8.6
Raisin Bran Cereal	179	1.1	Artichokes	125	7.5	Watermelon	96	11.8
Orange juice	174	7.8	Sprouted pinto beans, cooked	125	16.0	Sour red cherries	96	7.1
Leeks	166	5.8	Pineapple	124	7.3	Sunflower seed kernels	94	0.6
Atlantic mackerel	165	1.7	CHEX snack mix	124	0.8	Milk 1% with vitamin A	92	8.4
Rhubarb	163	16.8	Sprouted navy beans, cooked	123	4.5	Cowpeas (blackeyes)	92	3.9
Capers, canned	163	15.3	Tomatillos	120	11.0	Flounder	90	3.9
POST 100% BRAN	161	1.2	Soyburger	120	1.8	Farm-raised crayfish	90	4.9
Clementines	158	7.5	Pineapple juice w/vit C	118	6.7	Coffee, instant, decaf	90	176.
Mackerel, canned	158	2.3	Trout	117	2.4	Litchis, dried	89	1.3
Orange juice, California	158	8.0	Gooseberries	116	8.0	Ham	89	2.6
Enoki mushrooms	156	8.0	Tuna, canned in water	115	3.0	Tilefish	88	3.7

Food	Vitamin Score	Ounces	Food	Vitamin Score	Ounces	Food	Vitamin Score	Oz
Sprouted soybeans, cooked	88	4.4	Egg, whole	70	2.5	Onions	58	8.8
Shallots	88	4.9	Perch	70	3.9	Sprouted peas, cooked	58	3.6
Lean pork	87	2.5	Adzuki beans	69	1.1	Black beans	58	1.0
Shrimp	87	3.3	Nectarines	69	8.0	Hard-boiled egg	57	2.3
Catfish	86	3.4	Catsup	69	3.6	Beef round, 1/4" fat	57	1.8
Swordfish	86	2.9	Spaghetti squash	68	11.4	Chicken broth, condensed	57	11.4
Cloves	85	1.1	Kellogg's Nutri-Grain	67	1.0	Monkfish	57	4.6
Sprouted soybeans	85	2.9	Mashed potato flakes	67	1.0	Blueberries	57	6.2
Chicken, light meat	84	3.1	Whey, sweet	67	13.1	Scallops	56	4.0
Dolphinfish	83	4.1	Potatoes with skin	67	4.6	Cod fish	56	3.4
Sun-dried tomatoes	82	1.4	Lentils	67	1.0	Avocados	56	2.9
Mandarin oranges, canned	82	5.8	Whey, sweet, dried	67	1.0	Coffee, instant, regular	56	176.
Northern pike	82	4.0	Cranberry beans	67	1.1	Tuna, canned in oil	56	1.8
Beef tip round, lean, choice	82	2.7	Egg yolk	67	1.1	Fava beans	55	1.0
Pork chops, lean boneless	81	2.5	Apple juice,concentrate	66	2.1	Japanese chestnuts	55	2.3
Infant formula, SIMILAC	81	5.3	Chicken, dark meat	65	2.8	Chinese waterchestnuts	55	3.6
Plain frozen waffles	81	1.1	Whiting	64	3.0	Japanese chestnuts, dried	55	1.0
Grape-Nuts Cereal	81	1.0	Turkey, light meat	64	3.1	Apricots dried	55	1.5
Wheat germ, crude	81	1.0	Tomato soup	64	5.9	Soybeans	55	0.8
Anchovies	81	2.7	Plums	64	7.7	Salsify, (vegetable oyster)	55	4.3
Sprouted peas	80	2.8	Chickpeas (garbanzo)	63	1.0	Spaghetti, enriched	54	1.0
Ensure plus	80	2.5	Sprouted lentils, cooked	63	3.5	Garlic powder	54	1.1
Soybeans, green	79	2.4	Lobster	63	3.9	Ginko nuts	54	1.9
Chicken noodle soup	78	6.7	Pinto beans	63	1.0	Polar bear meat	54	2.7
Milk 2% with vitamin A	76	7.1	Sweet yellow corn	62	4.1	Kidney beans	54	1.1
Peaches	75	9.0	Great northern beans	62	1.0	Pear nectar, w/vit C	54	5.9
Sprouted lentils	75	3.3	Yogurt, fat free	61	6.3	White rice, enriched	53	2.9
Garlic	74	2.4	Grape juice concentrate, w/C	61	2.0	Yellow beans	52	1.0
Halibut	74	3.2	Haddock	61	3.1	Navy beans	52	1.0
Mung beans	73	1.0	Saffron	61	1.1	White beans	51	1.0
Lean beef, chuck	73	2.5	Apricot nectar, canned	60	6.3	Italian bread	51	1.3
Non-fat dry milk w vit A	72	1.0	Ground ginger	60	1.0	Yellow mustard	51	5.3
Beef, top sirloin lean	72	2.7	Pink beans	60	1.0	Potatoes, no skin	51	3.8
Cranberries	72	7.7	Avocados raw	60	2.2	Ground tumeric	50	1.0
Corn flour, enriched	72	1.0	Ling	59	4.1	Beef, round, lean	50	1.5
Chicken gizzards	71	3.8	Plantains	59	2.9	Turkey, dark meat	50	2.8
Lima beans	70	3.1	Whole milk 3.25% fat	59	5.9	Black pepper	49	1.4
Whey, acid	70	14.7	Chicken broth w sodium	59	22.0	Cheese lasagna	48	2.7

Food	Vitamin Score	Ounces	Food	Vitamin Score	Ounces	Food	Vitamin Score	Oz
Bananas	48	4.0	Ramen noodle	38	0.8	Quaker Puffed Rice	30	0.9
Shad	47	1.8	Cumin seed	38	0.9	Croutons	30	0.9
Split peas	47	1.0	Yogurt, plain, whole milk	38	5.8	Almond oil	30	0.4
Yams	47	3.0	Cottage cheese, 1% fat	37	4.9	Mustard seed	30	0.8
Hot cocoa, homemade	47	4.6	Bread stuffing dry mix	37	0.9	Flaxseeds	29	0.7
Bagels, plain	47	1.4	Hard pretzels	37	0.9	Brie cheese	29	1.1
European chestnuts	47	1.8	Ramen Oodles of Noodles	37	70.5	Dried plums	29	1.5
7-grain bread	47	1.4	Potato chips	36	0.6	Sweet red cherries	29	5.6
Orange roughy	46	4.6	Stewed prunes	36	3.3	Oat bran muffins	29	1.3
Oat bran	46	1.4	Hazelnut oil	36	0.4	Limburger cheese	29	1.1
Taro	46	3.1	Allspice	35	1.3	Wild rabbit	29	3.1
Semolina, enriched	46	1.0	Pumpnickel bread	35	1.4	Swiss cheese	29	0.9
Bread crumbs, seasoned	46	0.9	Goat milk	35	5.1	Popovers, dry mix	29	1.0
Dove, Squab	46	1.6	Hazelnuts or filberts	35	0.6	Wild rice	29	1.0
Chinese chestnuts, raw	45	1.6	Wonton wrappers	34	1.2	Chocolate-flavor milk	29	4.1
Grapes	45	5.1	Potato sticks	34	0.7	Italian pork sausage	29	1.0
Quail	45	1.5	Caraway seeds	34	1.1	Gravy, au jus, dry	29	1.1
Pomegranates	44	5.2	Cinnamon	34	1.4	Crackers with cheese filling	29	0.7
Feta cheese	44	1.3	Shredded wheat	34	1.0	Pears, asian	28	8.4
Grouper	44	3.8	Crackers, saltines, fat-free	34	0.9	European chestnuts, dried	28	1.0
English muffins w. calcium	43	1.3	Chicken noodle soup mix	34	0.9	Chicken rice soup w/veg	28	9.0
Top loin pork roast	43	1.6	Prune juice	33	5.0	Saltines (oyster, soup)	28	0.8
Almonds	43	0.6	Whole-wheat bread	33	1.4	Pork and beans, canned	28	2.7
Chestnuts, european	42	1.4	Malted milk, chocolate	33	4.1	Durum wheat	28	1.0
Peanuts	42	0.6	Biscuits, plain, dry mix	32	0.8	Celery seeds	28	0.9
Sheep milk	42	3.3	Sprouted wheat	32	1.8	Potato chips, barbecue	27	0.7
Meatball and pasta, canned	42	3.4	Anise seed	32	1.0	Human milk	27	5.0
Sourdough or French Bread	42	1.2	Lotus seeds, dried	32	1.1	Hummus	27	2.1
Beef, ground,15% fat	41	1.6	Lotus seeds raw	32	4.0	Turkey wings	27	1.7
Turkey leg, meat and skin	41	2.4	Pistachio nuts	32	0.6	Peaches in syrup, canned	27	4.8
Beef broth,from cube	41	117.6	Figs	31	4.8	Dill seed	27	1.2
Egg white	40	6.8	Sunflower oil, oleic	31	0.4	Whole wheat hard pretzels	27	1.0
Pheasant	40	1.4	Sunflower oil, linoleic	31	0.4	Egg biscuit	27	1.3
Onion powder	40	1.0	Frankfurter, pork	31	1.3	Evaporated milk	27	2.6
White bread	40	1.3	Link sausage, smoked	31	0.9	Millet	26	0.9
Pineapple, canned	39	5.9	Ginger root	31	4.4	Papaya nector, canned	26	6.2
Rye bread	39	1.4	Fennel seed	31	1.0	Brown rice	26	1.0
Cream of potato soup	38	5.9	Cream of mushroom soup	30	6.8	Safflower oil, linoleic	26	0.4

Food Item	Minerals	Ounces	Calcium	Copper	Iron	Magnesium	Manganese	Phosphorus	Potassium	Selenium	Sodium	Zinc
Oysters	1464	5.2	5%	327%	54%	14%	23%	10%	6%	134%	13%	890%
Toasted Wheat Bran	593	1.8	2%	27%	39%	61%	378%	33%	16%		0%	37%
Veal liver	560	2.5	0%	424%	25%	3%	8%	14%	6%	23%	2%	57%
Basil	531	13.1	41%	54%	65%	60%	233%	13%	43%	2%	1%	21%
Parsley, dried	497	1.3	38%	12%	197%	18%	165%	6%	34%	15%	7%	11%
Thyme, dried	481	1.3	49%	16%	249%	16%	124%	4%	7%	2%	1%	15%
Spearmint, dried	480	1.2	37%	27%	171%	42%	175%	5%	17%		5%	6%
Beef liver	476	2.6	0%	361%	20%	3%	10%	14%	6%	42%	2%	20%
Cardamom	474	1.1	9%	6%	25%	15%	391%	3%	9%		0%	16%
Cloves	470	1.1	14%	5%	15%	16%	404%	2%	9%	3%	3%	2%
Brazilnuts, dried	466	0.5	2%	13%	2%	11%	8%	6%	3%	417%	0%	4%
Saffron	466	1.1	3%	5%	20%	17%	398%	4%	14%	3%	2%	2%
Spinach	456	15.3	31%	28%	65%	69%	170%	11%	61%	6%	15%	15%
Wheat bran, crude	452	1.6	2%	23%	27%	57%	231%	23%	14%	51%	0%	22%
Cinnamon	413	1.4	34%	4%	81%	4%	278%	1%	5%	1%	0%	5%
Ground ginger	407	1.0	2%	7%	18%	11%	332%	2%	10%	16%	0%	9%
Purslane	407	22.0	29%	35%	69%	85%	82%	14%	77%	8%	12%	7%
Beet greens	400	16.0	38%	43%	65%	64%	77%	9%	87%	6%	45%	12%
Spearmint, fresh	398	8.0	32%	27%	150%	29%	110%	7%	26%		3%	17%
Marjoram, dried	387	1.3	52%	21%	170%	26%	87%	6%	14%	2%	1%	9%
Watercress	378	32.1	78%	35%	10%	38%	96%	27%	75%	12%	16%	7%
Coriander leaf, dried	372	1.3	32%	32%	85%	50%	99%	9%	40%	15%	3%	11%
Swiss chard	369	18.6	19%	47%	53%	85%	84%	12%	50%	7%	49%	13%
Italian (Crimini) mushrooms	364	13.1	5%	93%	8%	7%	23%	22%	41%	138%	1%	27%
Dill weed	355	8.2	35%	17%	85%	26%	128%	8%	43%		6%	14%
Rice bran	348	1.1	1%	12%	33%	49%	196%	27%	12%	7%	0%	13%
All-Bran with fiber	348	1.8	15%	16%	52%	35%	164%	23%	14%	7%	11%	21%
Spinach, canned	342	18.6	31%	31%	46%	59%	113%	8%	30%	9%	73%	15%
Coffee, brewed	341	352.7	14%	10%	6%	60%	100%	15%	123%	0%	9%	13%
Toasted wheat germ	341	0.9	1%	8%	13%	17%	227%	15%	6%	24%	0%	29%
Dried basil	330	1.4	60%	27%	93%	34%	55%	10%	34%	2%	1%	15%
Dill weed, dried	323	1.4	50%	10%	107%	36%	68%	11%	33%		4%	9%
Mussels	321	4.1	2%	5%	26%	8%	172%	11%	9%	74%	14%	12%
Complete Wheat Bran	312	1.1	1%	8%	108%	9%	58%	8%	5%	5%	10%	110%
Balsam-pear (bitter gourd)	304	11.8	20%	34%	38%	57%	78%	17%	51%	4%	2%	7%
Coriander (cilantro) leaves	303	15.3	21%	49%	43%	23%	81%	10%	57%	6%	9%	14%
Savory	299	1.3	56%	16%	77%	28%	98%	3%	10%	2%	0%	11%
Chicory greens	294	15.3	31%	64%	22%	26%	81%	10%	46%	2%	9%	12%

Mineral Score and Individual Mineral Content

Food Item	Minerals	Ounces	Calcium	Copper	Iron	Magnesium	Manganese	Phosphorus	Potassium	Selenium	Sodium	Zinc
Endive	290	20.7	22%	29%	27%	18%	107%	8%	46%	2%	6%	31%
Thyme, fresh	290	3.5	29%	27%	96%	32%	74%	5%	15%		0%	12%
All-Bran Original	289	1.4	11%	20%	38%	28%	124%	22%	10%	5%	4%	32%
Total cereal	288	1.1	71%	4%	100%	5%		4%	2%	2%	8%	100%
Seaweed, wakame	285	7.8	24%	32%	27%	48%	135%	9%	3%	2%	84%	6%
Taragon, dried	283	1.2	28%	11%	61%	24%	117%	5%	26%	2%	1%	9%
Complete Oat Bran Flakes	277	1.0	1%	4%	100%	9%	49%	5%	3%	7%	9%	99%
Okra	275	11.4	19%	15%	14%	37%	139%	10%	24%	3%	1%	13%
Portabella mushrooms	272	13.6	2%	77%	13%	8%	24%	25%	47%	60%	1%	15%
Wheat germ, crude	267	1.0	1%	11%	10%	13%	161%	12%	6%	31%	0%	23%
Broccoli raab	265	16.0	35%	10%	54%	20%	78%	17%	22%	6%	7%	23%
Chinese cabbage (bok choy)	260	27.1	58%	8%	34%	29%	53%	14%	48%	5%	22%	10%
Swamp cabbage	260	18.6	29%	6%	49%	75%	37%	10%	41%	7%	26%	6%
Parsley	258	9.8	27%	21%	96%	28%	19%	8%	38%	0%	7%	20%
All-Bran Buds	254	1.4	2%	10%	33%	16%	143%	10%	10%	17%	12%	13%
Total Corn Flakes	253	0.9	64%	0%	89%	1%	1%	5%	1%	2%	8%	89%
Celery seeds	252	0.9	32%	17%	64%	22%	84%	7%	9%	4%	2%	12%
Arugula	248	14.1	46%	15%	32%	38%	56%	10%	37%	2%	5%	13%
Seaweed, spirulina	247	13.6	3%	115%	60%	15%	31%	2%	12%	4%	16%	5%
Clams	246	4.8	4%	23%	105%	2%	29%	11%	11%	47%	3%	12%
Oegano, dried	245	1.2	37%	15%	80%	18%	66%	3%	14%	3%	0%	10%
Mustard greens	245	13.6	28%	28%	31%	25%	80%	8%	34%	5%	4%	5%
Coffee, instant, decaf	242	176.4	11%	18%	17%	50%	65%	10%	58%	14%	4%	0%
Lambsquarters, raw	240	8.2	51%	34%	16%	16%	79%	8%	26%	3%	4%	7%
Bay leaf spice	238	1.1	19%	7%	76%	8%	113%	2%	4%	1%	0%	8%
Grape leaves	238	3.8	28%	22%	16%	20%	133%	5%	7%	1%	0%	5%
Turnip greens	238	11.0	42%	55%	19%	19%	63%	7%	23%	5%	5%	4%
Pork liver	237	2.6	0%	25%	97%	3%	11%	11%	5%	56%	3%	29%
White mushrooms	235	16.0	1%	72%	13%	8%	9%	20%	36%	60%	1%	16%
Garden cress	234	11.0	18%	27%	23%	24%	75%	12%	47%	4%	2%	5%
Boston lettuce	234	27.1	19%	6%	53%	20%	60%	13%	46%	7%	2%	10%
Poultry seasoning	231	1.1	23%	14%	64%	15%	97%	3%	6%	3%	0%	7%
Black pepper	230	1.4	12%	22%	63%	15%	96%	3%	12%	2%	1%	4%
Multi-Grain Cheerios	226	0.9	7%	2%	91%	4%	19%	4%	2%	6%	8%	91%
Seaweed, agar	222	13.6	15%	12%	40%	52%	62%	1%	22%	4%	2%	15%
Peppermint, fresh	221	5.0	25%	24%	40%	23%	73%	5%	20%		2%	11%
Ground tumeric	216	1.0	4%	9%	65%	11%	96%	4%	18%	2%	0%	8%
Cumin seed	215	0.9	18%	12%	98%	20%	39%	7%	12%	2%	2%	9%

Mineral Score and Individual Mineral Content

Food Item	Minerals	Ounces	Calcium	Copper	Iron	Magnesium	Manganese	Phosphorus	Potassium	Selenium	Sodium	Zinc
Chives	211	11.8	22%	26%	30%	28%	54%	10%	25%	4%	0%	12%
Lobster	210	3.9	4%	92%	2%	6%	3%	8%	8%	66%	14%	22%
Green leaf lettuce	204	23.5	17%	10%	32%	17%	72%	10%	32%	6%	8%	8%
Fennel seed	201	1.0	25%	15%	30%	22%	82%	7%	12%		1%	7%
Capers, canned	201	15.3	12%	81%	40%	29%	15%	2%	4%	7%	560%	9%
Total Raisin Bran	199	1.1	42%	4%	59%	4%	21%	3%	5%	3%	6%	59%
Oat bran	196	1.4	2%	8%	12%	19%	100%	15%	6%	26%	0%	8%
Red leaf lettuce	195	22.0	15%	9%	42%	15%	55%	9%	29%	13%	7%	8%
Sage	191	1.1	37%	12%	50%	27%	43%	1%	8%	2%	0%	10%
Asparagus	189	14.1	7%	38%	48%	11%	27%	10%	20%	13%	0%	14%
Seaweed, kelp	188	8.2	28%	15%	37%	56%	20%	5%	5%	2%	24%	19%
Fiber One	185	1.8	12%	8%	42%	13%	43%	13%	8%	6%	8%	42%
Bamboo shoots	185	13.1	3%	35%	10%	2%	42%	11%	49%	4%	1%	27%
Kale	184	7.1	19%	29%	19%	14%	67%	6%	22%	3%	4%	6%
Chicken Broth 1% fat	182	88.2	7%	24%	19%	5%	12%	14%	19%	79%	445%	3%
Sprouted alfalfa seeds	180	15.3	10%	34%	23%	23%	36%	15%	9%	4%	1%	27%
Curry powder	180	1.1	11%	13%	51%	16%	57%	5%	12%	8%	1%	8%
Chicken, liver	178	3.0	0%	21%	43%	3%	10%	13%	5%	67%	3%	15%
Crab	177	4.1	7%	38%	5%	8%	7%	13%	9%	61%	15%	27%
Shiitake mushrooms	174	1.2	0%	87%	3%	9%	17%	5%	13%	22%	0%	17%
Romaine lettuce	173	20.7	14%	14%	32%	16%	40%	9%	36%	3%	2%	9%
Dandelion greens	173	7.8	30%	19%	38%	16%	33%	7%	22%	2%	7%	6%
Cocoa, dry powder	172	1.2	3%	60%	27%	35%		13%	13%	6%	0%	15%
Zucchini	170	22.0	7%	16%	12%	21%	48%	12%	41%	2%	3%	12%
Summer squash	170	22.0	7%	16%	12%	21%	48%	12%	41%	2%	1%	12%
Sauerkraut, canned	167	18.6	11%	25%	43%	14%	35%	5%	22%	5%	151%	7%
Coffee, instant, regular	163	176.4	14%	20%	11%	30%	33%	8%	38%	7%	4%	3%
Orange roughy	160	4.6	1%	5%	7%	4%	3%	7%	5%	125%	4%	2%
Anise seed	158	1.0	14%	14%	61%	10%	30%	7%	11%	2%	0%	10%
Broccoli stalks	157	12.6	12%	8%	17%	18%	36%	12%	29%	15%	4%	10%
Yellow mustard	156	5.3	6%	6%	13%	15%	27%	8%	5%	70%	74%	6%
Coriander seed	154	1.2	17%	16%	30%	22%	28%	7%	11%	13%	1%	11%
Smart Start Cereal	154	1.0	1%	2%	55%	3%	26%	2%	1%	8%	7%	55%
Oyster mushrooms	153	10.1	1%	35%	21%	10%	14%	17%	30%	11%	2%	15%
Dill seed	152	1.2	36%	13%	30%	17%	26%	5%	10%	6%	0%	11%
Wheaties	147	1.0	1%	4%	42%	6%	40%	5%	2%	2%	8%	45%
Cheerios	146	1.0	6%	2%	42%	7%	42%	5%	5%	15%	8%	23%
Sun-dried tomatoes	145	1.4	3%	28%	20%	15%	31%	7%	33%	3%	35%	5%

Mineral Score and Individual Mineral Content

Food Item	Minerals	Ounces	Calcium	Copper	Iron	Magnesium	Manganese	Phosphorus	Potassium	Selenium	Sodium	Zinc
POST 100% BRAN	144	1.2	2%	16%	54%	19%		14%	8%		6%	30%
Lemons, with peel	143	17.6	22%	65%	19%	12%		4%	18%		1%	3%
Smart Start Soy Protein	143	1.0	2%	5%	50%	6%	21%	4%	5%		6%	49%
Rhubarb	140	16.8	29%	5%	6%	11%	41%	3%	34%	7%	1%	3%
Tofu, firm	140	5.0	21%	15%	13%	11%	39%	9%	5%	20%	1%	8%
Rosemary, dried	140	1.1	28%	8%	49%	13%	25%	1%	7%	2%	1%	7%
Tomatoes, canned	137	20.7	13%	20%	32%	13%	20%	6%	28%	1%	37%	5%
Poppy seed	137	0.7	19%	15%	10%	12%	56%	8%	3%	0%	0%	13%
Raisin Bran Cereal	136	1.1	1%	8%	42%	10%	44%	6%	5%	3%	7%	16%
Pineapple	136	7.3	2%	10%	3%	5%	107%	1%	6%	0%	0%	1%
Celery	135	22.0	18%	11%	7%	14%	28%	8%	41%	4%	22%	5%
Gourd	134	25.2	13%	9%	8%	16%	20%	5%	27%	2%	1%	33%
Artichokes	132	7.5	7%	25%	15%	26%	24%	10%	20%	1%	9%	7%
Crushed tomatoes, canned	132	11.0	8%	29%	23%	13%	25%	5%	23%	3%	18%	6%
Tuna, canned in water	131	3.0	1%	2%	7%	5%	0%	7%	5%	99%	2%	4%
Sprouted mung beans, cooked	130	16.8	4%	29%	17%	13%	29%	7%	12%	4%	2%	15%
Farm-raised crayfish	130	4.9	2%	16%	4%	8%	9%	15%	9%	56%	4%	9%
Sprouted navy beans	130	5.3	2%	27%	16%	30%	26%	7%	11%	1%	1%	9%
Radishes	130	22.0	11%	16%	12%	13%	19%	6%	36%	5%	11%	12%
Pumpkin	128	13.6	6%	24%	17%	9%	21%	8%	33%	2%	0%	8%
Blackberries	128	8.2	5%	19%	8%	9%	65%	3%	9%	1%	0%	8%
White pepper	125	1.2	6%	15%	27%	6%	63%	3%	1%	1%	0%	3%
Baking chocolate	125	0.7	1%	32%	19%	13%	36%	4%	4%	2%	0%	13%
Iceberg lettuce	124	25.2	9%	9%	16%	10%	39%	7%	25%	1%	3%	7%
Sprouted kidney beans	124	12.2	4%	27%	16%	14%	27%	6%	16%	3%	1%	9%
Paprika	123	1.2	4%	11%	45%	13%	13%	6%	20%	2%	1%	9%
Tofu, extra firm	123	3.9	14%	10%	11%	12%	36%	7%	4%	20%	0%	8%
Caraway seeds	123	1.1	15%	14%	27%	15%	17%	9%	10%	5%	0%	11%
Rosemary, fresh	123	2.7	17%	11%	28%	14%	32%	3%	13%		1%	5%
Tomato paste	122	4.3	3%	22%	20%	10%	16%	5%	31%	9%	42%	5%
Sprouted mung beans	122	11.8	3%	27%	17%	14%	27%	9%	12%	3%	1%	9%
Baby oatmeal, dry	122	0.9	13%	7%	66%	7%		6%	3%	13%	0%	6%
Fennel bulbs	122	11.4	11%	11%	13%	11%	27%	8%	33%	3%	7%	4%
Sprouted navy beans, cooked	121	4.5	1%	25%	15%	28%	25%	7%	10%	1%	1%	8%
Brussels sprouts	120	8.2	7%	8%	18%	11%	34%	8%	23%	5%	3%	7%
Kohlrabi	120	13.1	6%	24%	8%	14%	22%	9%	32%	4%	3%	1%
Broccoli	120	10.4	10%	7%	12%	12%	27%	10%	23%	11%	4%	8%
Soybeans	119	0.8	5%	20%	21%	13%	26%	8%	11%	6%	0%	8%

Mineral Score and Individual Mineral Content

Foods highest in: Fiber

"% of Daily" is based upon a **30g** nominal daily value.

"% of Daily" is the % of the amount required each day; this is in "Ounces" of each food. "Ounces" of each food is the amount that contains 100 calories.

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
All-Bran with fiber	87%	1.8	Grape leaves	39%	3.8	Cardamom	30%	1.1
Fiber One	79%	1.8	Fennel seed	38%	1.0	White pepper	30%	1.2
Lemons, with peel	78%	17.6	Artichokes	38%	7.5	Brussels sprouts	29%	8.2
Lemon peel	75%	7.5	Peppermint, fresh	38%	5.0	Green leaf lettuce	29%	23.5
Cinnamon	69%	1.4	Caraway seeds	38%	1.1	Lentils	29%	1.0
Toasted Wheat Bran	69%	1.8	All-Bran Original	38%	1.4	Rhubarb	29%	16.8
Wheat bran, crude	66%	1.6	Swamp cabbage	37%	18.6	Pears, asian	29%	8.4
Endive	61%	20.7	Parsley, dried	37%	1.3	Iceberg lettuce	29%	25.2
Chicory greens	58%	15.3	Green beans	37%	11.4	Red/cayenne pepper	29%	1.1
All-Bran Buds	57%	1.4	Orange peel	36%	3.6	Pumpkin, canned	28%	10.4
Beet greens	56%	16.0	Chili powder	36%	1.1	Green bell peppers	28%	17.6
Savory	56%	1.3	Rosemary, fresh	36%	2.7	Boston lettuce	28%	27.1
Dried basil	54%	1.4	Cloves	35%	1.1	Swiss chard	28%	18.6
Spearmint, fresh	52%	8.0	Spearmint, dried	35%	1.2	Spinach, canned	28%	18.6
Sauerkraut, canned	51%	18.6	Black pepper	35%	1.4	Bay leaf spice	28%	1.1
Marjoram, dried	50%	1.3	Okra	34%	11.4	Asparagus	28%	14.1
Basil	48%	13.1	Curry powder	34%	1.1	Chives	28%	11.8
Eggplant	47%	14.7	Fennel bulbs	33%	11.4	Sprouted alfalfa seeds	28%	15.3
Coriander seed	47%	1.2	Turnip greens	33%	11.0	Pimento, canned	28%	15.3
Oegano, dried	47%	1.2	Cranberries	33%	7.7	Allspice	27%	1.3
Capers, canned	46%	15.3	Radishes	33%	22.0	Bamboo shoots	27%	13.1
Thyme, fresh	46%	3.5	Celery	33%	22.0	Red bell peppers	27%	13.6
Thyme, dried	45%	1.3	Cauliflower	33%	14.1	Pumpkin pie mix, canned	27%	3.4
Kohlrabi	44%	13.1	Cabbage	33%	14.1	Guavas	26%	5.2
Paprika	43%	1.2	Cocoa, dry powder	33%	1.2	Dandelion greens	26%	7.8
Rosemary, dried	43%	1.1	POST 100% BRAN	33%	1.2	Chia seeds, dried	26%	0.7
Sage	43%	1.1	Gooseberries	33%	8.0	Chinese cabbage (bok choy)	26%	27.1
Mustard greens	42%	13.6	Lemons	32%	12.2	Broccoli	25%	10.4
Raspberries	42%	6.8	Elderberries	32%	4.8	Split peas	25%	1.0
Romaine lettuce	41%	20.7	Spinach	32%	15.3	Kidney beans	25%	1.1
Blackberries	41%	8.2	Limes	31%	11.8	White beans	25%	1.0
Broccoli raab	41%	16.0	Lambsquarters, raw	31%	8.2	Cranberry beans	25%	1.1
Coriander (cilantro) leaves	41%	15.3	Parsley	31%	9.8	Fava beans	24%	1.0
Collards	40%	11.8	Kumquats	31%	5.0	Yellow beans	24%	1.0

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Rutabagas	23%	9.8	Dill weed	16%	8.2	Coriander leaf, dried	12%	1.3
Dill seed	23%	1.2	Wheatena	16%	6.3	Complete Oat Bran Flakes	12%	1.0
Summer squash	23%	22.0	Chickpeas (garbanzo)	16%	1.0	Pink beans	12%	1.0
Zucchini	23%	22.0	Sun-dried tomatoes	16%	1.4	Poultry seasoning	12%	1.1
Horseradish	23%	7.3	Mung beans	16%	1.0	Bread stuffing dry mix	12%	0.9
Carrots	23%	8.6	Avocados	16%	2.9	Wheat germ, crude	12%	1.0
Tomatoes, ripe	22%	19.6	Papayas	15%	9.0	Taro	12%	3.1
Rice bran	22%	1.1	Apples	15%	6.8	Clementines	12%	7.5
Oyster mushrooms	22%	10.1	Pork and beans, canned	15%	2.7	Hummus	12%	2.1
Parsnips	22%	4.7	Watercress	15%	32.1	MultiGrain Oatmeal	12%	1.1
Beets	22%	8.2	White mushrooms	15%	16.0	Ground ginger	12%	1.0
Turnips	21%	12.6	Navy beans	15%	1.0	Shredded wheat	12%	1.0
Arugula	21%	14.1	Pinto beans	15%	1.0	Sweet potato	12%	4.1
Peas	21%	4.4	Black beans	15%	1.0	Yams	12%	3.0
Oat bran	21%	1.4	Lima beans	14%	3.1	Grapefruit	11%	11.0
Strawberries	21%	11.0	Anise seed	14%	1.0	Garden cress	11%	11.0
Podded peas	21%	8.4	Ground mace	14%	0.7	Acerola West Indian cherry	11%	11.0
Enoki mushrooms	20%	8.0	Onions	14%	8.8	Puffed Wheat	11%	1.1
Sprouted mung beans	20%	11.8	Blueberries	14%	6.2	Tangerines, mandarin oranges	11%	6.7
Ground tumeric	20%	1.0	Avocados raw	14%	2.2	Sweet red cherries	11%	5.6
Great northern beans	20%	1.0	Apricots raw	14%	7.3	Cucumber	11%	23.5
Crushed tomatoes, canned	20%	11.0	Kashi GoLean Crunch	13%	0.9	Baking chocolate	11%	0.7
Tomatillos	20%	11.0	Salsify, (vegetable oyster)	13%	4.3	Sour red cherries	11%	7.1
Tomatoes, canned	20%	20.7	Kale	13%	7.1	Sweet yellow corn	10%	4.1
Portabella mushrooms	19%	13.6	Ground nutmeg	13%	0.7	Mustard seed	10%	0.8
Red leaf lettuce	19%	22.0	Mulberries	13%	8.2	Chinese waterchestnuts	10%	3.6
Cowpeas (blackeyes)	19%	3.9	Toasted wheat germ	13%	0.9	Plums	10%	7.7
Complete Wheat Bran	18%	1.1	Figs	13%	4.8	Apricots dried	10%	1.5
Dill weed, dried	18%	1.4	Shiitake mushrooms	13%	1.2	Seaweed, kelp	10%	8.2
Bulgur	18%	1.0	Nectarines	13%	8.0	Celery seeds	10%	0.9
Pears	18%	6.1	Adzuki beans	13%	1.1	Garlic powder	10%	1.1
Flaxseeds	17%	0.7	Peaches	13%	9.0	Dried plums	10%	1.5
Oranges	17%	7.5	Raisin Bran Cereal	13%	1.1	Leeks	10%	5.8
Tomato paste	17%	4.3	Sprouted mung beans, cooked	13%	16.8	Total Raisin Bran	10%	1.1
Yellow mustard	16%	5.3	Chili peppers	13%	8.8	Bananas	10%	4.0
Kiwi	16%	5.8	Popcorn, air-popped	12%	0.9	Pineapple	10%	7.3
Barley	16%	1.0	Wheat	12%	1.0	Buckwheat	10%	1.0

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Stewed prunes	10%	3.3	Chestnuts, european	7%	1.4	Potatoes, au gratin, mix	4%	1.1
Potatoes with skin	10%	4.6	Sesame seeds	7%	0.6	Grapes	4%	5.1
Soybeans, green	10%	2.4	Almonds	7%	0.6	Hot cocoa, homemade	4%	4.6
Dates	9%	1.3	Tomato soup	7%	5.9	Tofu, firm	4%	5.0
Pears in syrup, canned	9%	6.2	Manhattan clam chowder	7%	5.8	Bread crumbs, seasoned	4%	0.9
Cumin seed	9%	0.9	Maraschino cherries	6%	2.1	Saffron	4%	1.1
Applesauce	9%	8.2	Pumpkin	6%	13.6	Croutons	4%	0.9
Olives, canned	9%	3.1	Seaweed, agar	6%	13.6	Fruit cocktail in syrup	4%	4.0
Mangos	9%	5.4	Plantains	6%	2.9	Raisins	4%	1.2
Whole-wheat bread	9%	1.4	Poppy seed	6%	0.7	Macadamia nuts	4%	0.5
Oats	9%	0.9	Mashed potato flakes	6%	1.0	Cream of mushroom soup	4%	6.8
Wheaties	9%	1.0	Sorghum	6%	1.0	English muffins	4%	1.5
Miso	9%	1.8	Pistachio nuts	6%	0.6	Mandarin oranges, canned	4%	5.8
Total cereal	9%	1.1	Sunflower seed kernels	6%	0.6	Brazilnuts, dried	4%	0.5
Cantaloupe	9%	10.4	Peaches in syrup, canned	6%	4.8	Granola bars	4%	0.7
Corn flour, enriched	9%	1.0	Wild rice	6%	1.0	Seaweed, wakame	4%	7.8
Meatball and pasta, canned	9%	3.4	Oat bran muffins	6%	1.3	Black walnuts, dried	4%	0.6
Pumpernickel bread	9%	1.4	Pinyon nuts, dried	6%	0.6	Rice cakes, brown rice	4%	0.9
7-grain bread	8%	1.4	Litchis, dried	6%	1.3	Cornmeal	4%	1.0
Veggie Dog	8%	2.6	Baby oatmeal, dry	6%	0.9	Semolina, enriched	4%	1.0
Cheerios	8%	1.0	Soy protein isolate	6%	1.0	Apricot nectar, canned	4%	6.3
Taragon, dried	8%	1.2	Onion powder	5%	1.0	Papaya nector, canned	4%	6.2
Soy milk	8%	6.8	Potatoes, no skin	5%	3.8	Granola bars, plain	3%	0.8
Ginger root	8%	4.4	Quinoa	5%	0.9	English muffins w. calcium	3%	1.3
Multi-Grain Cheerios	8%	0.9	Hazelnuts or filberts	5%	0.6	Walnuts	3%	0.5
Grape-Nuts Cereal	8%	1.0	Peanuts	5%	0.6	Pear nectar, w/vit C	3%	5.9
Boston brown bread, canned	8%	1.8	Smart Start Cereal	5%	1.0	Italian bread	3%	1.3
Soyburger	8%	1.8	Tofu, fried	5%	1.3	Pie fillings, apple	3%	3.5
Tomato juice	8%	20.7	Garlic	5%	2.4	Sprouted soybeans, cooked	3%	4.4
Millet	7%	0.9	Prune juice	5%	5.0	Brown rice	3%	1.0
Rye bread	7%	1.4	Pecans	5%	0.5	Chocolate syrup	3%	1.3
Lipton onion soup mix	7%	1.3	Watermelon	4%	11.8	Potatoes, hashed brown	3%	1.6
Soybeans	7%	0.8	Pineapple, canned	4%	5.9	Cocoa mix, powder	3%	0.9
Honeydew melons	7%	9.8	Couscous	4%	0.9	White bread	3%	1.3
Italian (Crimini) mushrooms	7%	13.1	Fig bars	4%	1.0	Sprouted soybeans	3%	2.9
Whole wheat hard pretzels	7%	1.0	CHEX snack mix	4%	0.8	Potato chips, barbecue	3%	0.7
Smart Start Soy Protein	7%	1.0	Cheese lasagna	4%	2.7	Pomegranates	3%	5.2

Foods highest in: Zinc

"% of Daily" is based upon a **15 mg** nominal daily value.

"% of Daily" is the % of the amount required each day; this is in "Ounces" of each food. "Ounces" of each food is the amount that contains 100 calories.

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Oysters	890%	5.2	Beef liver	20%	2.6	Swiss chard	13%	18.6
Complete Wheat Bran	110%	1.1	Chicken gizzards	19%	3.8	Cured Ham	13%	3.3
Total cereal	100%	1.1	Seaweed, kelp	19%	8.2	Arugula	13%	14.1
Complete Oat Bran Flakes	99%	1.0	Shiitake mushrooms	17%	1.2	Chives	12%	11.8
Multi-Grain Cheerios	91%	0.9	Turkey, dark meat	17%	2.8	Mussels	12%	4.1
Total Corn Flakes	89%	0.9	Spearmint, fresh	17%	8.0	Clams	12%	4.8
Total Raisin Bran	59%	1.1	Raisin Bran Cereal	16%	1.1	Watermelon seeds, dried	12%	0.6
Veal liver	57%	2.5	Beef round, 1/4" fat	16%	1.8	Chicory greens	12%	15.3
Smart Start Cereal	55%	1.0	Cardamom	16%	1.1	Summer squash	12%	22.0
Smart Start Soy Protein	49%	1.0	Beef, round, lean	16%	1.5	Zucchini	12%	22.0
Wheaties	45%	1.0	White mushrooms	16%	16.0	Thyme, fresh	12%	3.5
Fiber One	42%	1.8	Dried basil	15%	1.4	Whey, acid	12%	14.7
Toasted Wheat Bran	37%	1.8	Pumpkin and squash seeds	15%	0.8	Celery seeds	12%	0.9
Gourd	33%	25.2	Portabella mushrooms	15%	13.6	Radishes	12%	22.0
All-Bran Original	32%	1.4	Spinach	15%	15.3	Dove, Squab	12%	1.6
Endive	31%	20.7	Chicken, liver	15%	3.0	Deer meat	12%	2.9
POST 100% BRAN	30%	1.2	Cocoa, dry powder	15%	1.2	Yogurt, fat free	12%	6.3
Toasted wheat germ	29%	0.9	Thyme, dried	15%	1.3	Horseradish	12%	7.3
Pork liver	29%	2.6	Sprouted mung beans, cooked	15%	16.8	Beet greens	12%	16.0
Italian (Crimini) mushrooms	27%	13.1	Seaweed, agar	15%	13.6	Parsley, dried	11%	1.3
Bamboo shoots	27%	13.1	Spinach, canned	15%	18.6	Dill seed	11%	1.2
Crab	27%	4.1	Oyster mushrooms	15%	10.1	Coriander leaf, dried	11%	1.3
Sprouted alfalfa seeds	27%	15.3	Coriander (cilantro) leaves	14%	15.3	Wild rice	11%	1.0
Lean beef, chuck	26%	2.5	Asparagus	14%	14.1	Ham	11%	2.6
Beef tip round, lean, choice	25%	2.7	Turkey leg, meat and skin	14%	2.4	Caraway seeds	11%	1.1
Broccoli raab	23%	16.0	Dill weed	14%	8.2	Hot dogs, fat free	11%	4.8
Wheat germ, crude	23%	1.0	Beef, ground,15% fat	14%	1.6	Chicken, dark meat	11%	2.8
Cheerios	23%	1.0	Coffee, brewed	13%	352.7	Peppermint, fresh	11%	5.0
Wheat bran, crude	22%	1.6	All-Bran Buds	13%	1.4	Sprouted lentils, cooked	11%	3.5
Lobster	22%	3.9	Beef jerky	13%	0.9	Savory	11%	1.3
Basil	21%	13.1	Okra	13%	11.4	Coriander seed	11%	1.2
All-Bran with fiber	21%	1.8	Baking chocolate	13%	0.7	Anise seed	10%	1.0
Beef, top sirloin lean	21%	2.7	Poppy seed	13%	0.7	Boston lettuce	10%	27.1
Parsley	20%	9.8	Rice bran	13%	1.1	Adzuki beans	10%	1.1

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Peas	10%	4.4	Curry powder	8%	1.1	Shrimp	7%	3.3
Sage	10%	1.1	Sprouted navy beans, cooked	8%	4.5	Cashew nuts, raw	7%	0.6
Canadian bacon	10%	2.9	Blackberries	8%	8.2	Artichokes	7%	7.5
Chinese cabbage (bok choy)	10%	27.1	Wheatena	8%	6.3	Lambquarters, raw	7%	8.2
Oegano, dried	10%	1.2	Pumpkin	8%	13.6	Poultry seasoning	7%	1.1
Broccoli stalks	10%	12.6	Ground tumeric	8%	1.0	Oats	7%	0.9
Pumpkin/squash seeds	10%	0.7	Durum wheat	8%	1.0	Wheat	7%	1.0
Sprouted lentils	9%	3.3	Perch	8%	3.9	Balsam-pear (bitter gourd)	7%	11.8
Turkey, light meat	9%	3.1	Mustard seed	8%	0.8	Watercress	7%	32.1
Paprika	9%	1.2	Manhattan clam chowder	8%	5.8	Milk 1% with vitamin A	7%	8.4
Farm-raised crayfish	9%	4.9	Tofu, extra firm	8%	3.9	Sauerkraut, canned	7%	18.6
Capers, canned	9%	15.3	Broccoli	8%	10.4	Top loin pork roast	7%	1.6
Enoki mushrooms	9%	8.0	Green leaf lettuce	8%	23.5	Brussels sprouts	7%	8.2
Sprouted kidney beans	9%	12.2	Soy protein isolate	8%	1.0	Rosemary, dried	7%	1.1
Frankfurter, turkey	9%	1.6	Tofu, firm	8%	5.0	Cashew nuts, roasted	7%	0.6
Sprouted mung beans	9%	11.8	Bay leaf spice	8%	1.1	Ricotta cheese, skim	6%	2.6
Ground ginger	9%	1.0	Soybeans	8%	0.8	Yogurt, plain, whole milk	6%	5.8
Lentils	9%	1.0	Pork chops, lean boneless	8%	2.5	Turnips	6%	12.6
Romaine lettuce	9%	20.7	Swiss cheese	8%	0.9	Red bell peppers	6%	13.6
Sesame seeds	9%	0.6	Non-fat dry milk w vit A	8%	1.0	MultiGrain Oatmeal	6%	1.1
Tofu	9%	3.0	Cowpeas (blackeyes)	7%	3.9	Sprouted soybeans	6%	2.9
Sprouted kidney beans, cooked	9%	10.7	Cauliflower	7%	14.1	Pine nuts, dried	6%	0.5
Cucumber	9%	23.5	Kellogg's Nutri-Grain	7%	1.0	Yellow mustard	6%	5.3
Marjoram, dried	9%	1.3	Hummus	7%	2.1	Swordfish	6%	2.9
Sprouted navy beans	9%	5.3	Fortified skim milk	7%	8.6	Swamp cabbage	6%	18.6
Quail	9%	1.5	Gouda cheese	7%	1.0	Tomatoes, ripe	6%	19.6
Taragon, dried	9%	1.2	Feta cheese	7%	1.3	Rutabagas	6%	9.8
Anchovies	9%	2.7	Mozzarella cheese, skim	7%	1.4	Chickpeas (garbanzo)	6%	1.0
Chicken vegetable soup	9%	5.1	Cranberry beans	7%	1.1	Soyburger	6%	1.8
Dill weed, dried	9%	1.4	Scallops	7%	4.0	Baby oatmeal, dry	6%	0.9
Sprouted radish seeds	9%	8.2	Navy beans	7%	1.0	Fava beans	6%	1.0
Lean pork	9%	2.5	Fennel seed	7%	1.0	Provolone cheese	6%	1.0
Miso	9%	1.8	Iceberg lettuce	7%	25.2	Dandelion greens	6%	7.8
Sprouted soybeans, cooked	9%	4.4	Ensure plus	7%	2.5	Parmesan cheese, grated	6%	0.8
Cumin seed	9%	0.9	Black beans	7%	1.0	Ling	6%	4.1
Oat bran	8%	1.4	Chicken liver, canned	7%	1.8	Shredded wheat	6%	1.0
Red leaf lettuce	8%	22.0	Purslane	7%	22.0	Sunflower seed kernels	6%	0.6

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Split peas	6%	1.0	Rice cakes, brown rice	5%	0.9	Cheese lasagna	5%	2.7
Tomato juice	6%	20.7	Green beans	5%	11.4	Buckwheat	5%	1.0
Quinoa	6%	0.9	Sprouted pinto beans, cooked	5%	16.0	Trail mix, regular	5%	0.8
Kale	6%	7.1	Mung beans	5%	1.0	Italian pork sausage	5%	1.0
Milk 2% with vitamin A	6%	7.1	Cheddar cheese	5%	0.9	Cream of mushroom soup	5%	6.8
Chili powder	6%	1.1	Sun-dried tomatoes	5%	1.4	Lima beans	5%	3.1
New England clam chowder	6%	5.0	Mustard greens	5%	13.6	Tomatillos	5%	11.0
Corned beef hash	6%	2.2	Seaweed, spirulina	5%	13.6	Oat bran muffins	5%	1.3
Chicken, light meat	6%	3.1	Tomato paste	5%	4.3	Great northern beans	5%	1.0
Soy milk	6%	6.8	Kellogg's Special K	5%	0.9	Pinyon nuts, dried	5%	0.6
Spearmint, dried	6%	1.2	Muenster cheese	5%	1.0	Hard-boiled egg	5%	2.3
Seaweed, wakame	6%	7.8	Whole duck egg	5%	1.9	Soybeans, green	4%	2.4
Crushed tomatoes, canned	6%	11.0	Northern pike	5%	4.0	Onion powder	4%	1.0
Kidney beans	6%	1.1	American cheese	5%	0.9	Eggplant	4%	14.7
White beans	6%	1.0	Cinnamon	5%	1.4	Whole milk 3.25% fat	4%	5.9
Sprouted wheat	6%	1.8	Blue cheese	5%	1.0	Romano cheese	4%	0.9
Pimento, canned	6%	15.3	Veggie Dog	5%	2.6	Ricotta cheese	4%	2.0
Tomatoes, canned	5%	20.7	Pink beans	5%	1.0	Tuna, canned in water	4%	3.0
Sprouted peas	5%	2.8	Infant formula, SIMILAC	5%	5.3	Pink salmon, canned	4%	2.5
Yellow beans	5%	1.0	Bagels, plain	5%	1.4	Pinto beans	4%	1.0
Hot cocoa, homemade	5%	4.6	Tofu, fried	5%	1.3	Pecans	4%	0.5
Beets	5%	8.2	Whole-wheat bread	5%	1.4	Mackerel, canned	4%	2.3
Flaxseeds	5%	0.7	Link sausage, smoked	5%	0.9	Bluefish	4%	2.8
Celery	5%	22.0	Frankfurter beef	5%	1.1	Chili peppers	4%	8.8
Raspberries	5%	6.8	Grape leaves	5%	3.8	Green bell peppers	4%	17.6
Sprouted pinto beans	5%	5.7	Cabbage	5%	14.1	Fennel bulbs	4%	11.4
Monterey cheese	5%	0.9	Garden cress	5%	11.0	Chicken broth, condensed	4%	11.4
Sprouted peas, cooked	5%	3.6	Japanese chestnuts	5%	2.3	Podded peas	4%	8.4
Popcorn, air-popped	5%	0.9	Egg yolk	5%	1.1	Bologna, beef	4%	1.1
Garlic powder	5%	1.1	Japanese chestnuts, dried	5%	1.0	Bologna, beef	4%	1.1
Parsnips	5%	4.7	Brie cheese	5%	1.1	Limburger cheese	4%	1.1
Barley	5%	1.0	Chia seeds, dried	5%	0.7	Chicken broth w sodium	4%	22.0
Red/cayenne pepper	5%	1.1	Rosemary, fresh	5%	2.7	Brazilnuts, dried	4%	0.5
Colby cheese	5%	0.9	Turkey wings	5%	1.7	Bacon, cooked	4%	0.6
Garlic	5%	2.4	Meatball and pasta, canned	5%	3.4	Spaghetti squash	4%	11.4
Frankfurter, pork	5%	1.3	Parmesan cheese	5%	0.9	Cheese Spread, Velveeta	4%	1.2
Egg, whole	5%	2.5	Parmesan cheese	5%	0.9	Chicken noodle soup	4%	6.7

Food	% of Daily	Ounces	Food	% of Daily	Ounces	Food	% of Daily	Ounces
Pork and beans, canned	4%	2.7	Pumpkin, canned	3%	10.4	Half and half	3%	2.7
Turnip greens	4%	11.0	Flounder	3%	3.9	Hazelnuts or filberts	3%	0.6
Pumpernickel bread	4%	1.4	CHEX snack mix	3%	0.8	Chinese chestnuts, raw	3%	1.6
Tempeh	4%	1.8	Corn flour, enriched	3%	1.0	Puffed Rice	3%	0.9
Carrots	4%	8.6	Ground mace	3%	0.7	Nectarines	3%	8.0
Almonds	4%	0.6	Malted milk, chocolate	3%	4.1	Tilefish	3%	3.7
Catfish	4%	3.4	Whey, sweet	3%	13.1	Allspice	3%	1.3
Spam	4%	1.1	Rhubarb	3%	16.8	Halibut	3%	3.2
Peanuts	4%	0.6	Walnuts	3%	0.5	White pepper	3%	1.2
Grape-Nuts Cereal	4%	1.0	Salsify, (vegetable oyster)	3%	4.3	Spaghetti, enriched	3%	1.0
Evaporated milk	4%	2.6	Whiting	3%	3.0	Potatoes with skin	3%	4.6
Chocolate-flavor milk	4%	4.1	Tuna, canned in oil	3%	1.8	Hard pretzels	3%	0.9
Bulgur	4%	1.0	Tuna, canned in oil	3%	1.8	Bread crumbs, seasoned	2%	0.9
Roquefort cheese	4%	1.0	Salmon	3%	1.9	Cocoa mix, powder	2%	0.9
Whey, sweet, dried	4%	1.0	Cream of potato soup	3%	5.9	Limes	2%	11.8
Black pepper	4%	1.4	Puffed millet	3%	1.0	Goat cheese	2%	0.8
Shallots	4%	4.9	Millet	3%	0.9	Saffron	2%	1.1
Pheasant	4%	1.4	Rye bread	3%	1.4	Sweet potato	2%	4.1
Cod fish	4%	3.4	Chicken noodle soup mix	3%	0.9	Vanilla ice cream	2%	1.8
Brown rice	4%	1.0	Strawberries	3%	11.0	Eggnog	2%	2.6
Black walnuts, dried	4%	0.6	Potato chips	3%	0.6	Trout	2%	2.4
Dolphinfish	4%	4.1	Peaches	3%	9.0	Granola bars, plain	2%	0.8
Monkfish	4%	4.6	Goat milk	3%	5.1	Guavas	2%	5.2
Lemon peel	4%	7.5	Collards	3%	11.8	Cloves	2%	1.1
Cantaloupe	4%	10.4	Granola bars	3%	0.7	Avocados	2%	2.9
Cottage cheese, 1% fat	4%	4.9	Haddock	3%	3.1	Watermelon	2%	11.8
Sweet yellow corn	3%	4.1	Ginger root	3%	4.4	Tofu yogurt	2%	3.8
Grouper	3%	3.8	Onions	3%	8.8	Sourdough or French Bread	2%	1.2
English muffins w. calcium	3%	1.3	Fresh tuna	3%	1.9	Italian bread	2%	1.3
Chinese waterchestnuts	3%	3.6	Tomato soup	3%	5.9	Lotus seeds, dried	2%	1.1
Butternuts, dried	3%	0.6	Apricots raw	3%	7.3	Lotus seeds raw	2%	4.0
Pollock	3%	3.8	Striped bass	3%	3.6	Acerola West Indian cherry	2%	11.0
7-grain bread	3%	1.4	Ground nutmeg	3%	0.7	Potatoes, no skin	2%	3.8
Coffee, instant, regular	3%	176.4	Frankfurter, chicken	3%	1.4	Atlantic mackerel	2%	1.7
Chicken Broth 1% fat	3%	88.2	Avocados raw	3%	2.2	Orange roughy	2%	4.6
Lemons, with peel	3%	17.6	Pistachio nuts	3%	0.6	Dehydrated brown gravy	2%	1.0
Sheep milk	3%	3.3	Mandarin oranges, canned	3%	5.8	White rice, enriched	2%	2.9

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Food Information

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• Nutrition facts for Spinach

Amount of food to provide 100 calories: **15.3 oz. (434 grams)**

USDA food number: **11457**

Food group Code: **1100**

% of daily requirements from 15.3 oz of Spinach

Carbohydrates		Proteins		Vitamins	
Carbohydrates	5%	Protein, total	8%	Vitamin A, IU	815%
Fiber, total	32%	Histidine*	5%	Thiamin	17%
Sugars, total	3%	Isoleucine*	9%	Riboflavin	29%
Fats		Leucine*	6%	Niacin	14%
Fats, total	3%	Lysine*	5%	Pantothenic acid	6%
Saturated fats	1%	Methionine*	5%	Vitamin B-6	35%
Trans-fats		with 2% Cystine		Folate	211%
Cholesterol		Phenylalanine*	7%	Vitamin B-12	
Monounsaturated		with 3% Tyrosine		Vitamin C	136%
Polyunsaturated	4%	Threonine*	7%	Vitamin D	
Omega-3 fats		Tryptophan*	8%	Vitamin E	59%
Omega-6 Fats		Valine*	8%	Vitamin K	1750%
Minerals		Food Evaluation		Other nutrients	
Calcium, Ca	31%	Protein Score	68	Retinol	
Copper, Cu	28%	Mineral Score	396	Beta-carotene	98%
Iron, Fe	65%	Vitamin Score	560	Lycopene	
Magnesium, Mg	69%	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Total Nutrients Score 1056 </div>		Lutein + zeaxanthin	177%
Manganese, Mn	170%			<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Net Food Score 1037 </div>	
Phosphorus, P	21%	Analysis by caloric content			
Potassium, K	61%	Carbohydrates		56%	
Selenium, Se	6%	Proteins		30%	
Sodium, Na	15%	Fats		14%	
Zinc, Zn	15%	Calories from alcohol		0%	
		Water by weight		91%	

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Total Nutrients Score

Net Food Score

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Food Information

Lists...

- USDA's Food Groups
- USDA's Food List
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• Nutrition facts for Broccoli

Amount of food to provide 100 calories: **10.4 oz. (295 grams)**

USDA food number: **11090**

Food group Code: **1100**

% of daily requirements from 10.4 oz of Broccoli

Carbohydrates		Proteins		Vitamins	
Carbohydrates	6%	Protein, total	5%	Vitamin A, IU	39%
Fiber, total	25%	Histidine*	3%	Thiamin	10%
Sugars, total	7%	Isoleucine*	3%	Riboflavin	12%
Fats		Leucine*	2%	Niacin	9%
Fats, total	2%	Lysine*	3%	Pantothenic acid	34%
Saturated fats	1%	Methionine*	3%	Vitamin B-6	21%
Trans-fats		with 1% Cystine		Folate	46%
Cholesterol		Phenylalanine*	4%	Vitamin B-12	
Monounsaturated		with 1% Tyrosine		Vitamin C	292%
Polyunsaturated	1%	Threonine*	3%	Vitamin D	
Omega-3 fats		Tryptophan*	5%	Vitamin E	15%
Omega-6 Fats		Valine*	4%	Vitamin K	249%
Minerals				Other nutrients	
Calcium, Ca	10%	<i>Food Evaluation</i> Protein Score 35 Mineral Score 129 Vitamin Score 386 <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Total Nutrients Score 576 </div> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Net Food Score 564 </div>		Retinol	
Copper, Cu	7%			Beta-carotene	5%
Iron, Fe	12%			Lycopene	
Magnesium, Mg	12%			Lutein + zeaxanthin	17%
Manganese, Mn	27%			Analysis by caloric content	
Phosphorus, P	19%			Carbohydrates	70%
Potassium, K	23%			Proteins	20%
Selenium, Se	11%			Fats	9%
Sodium, Na	4%			Calories from alcohol	0%
Zinc, Zn	8%			Water by weight	89%

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• Nutrition facts for [Lettuce, green leaf](#)

Amount of food to provide 100 calories: **23.5 oz. (666 grams)**

USDA food number: **11253**

Food group Code: **1100**

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Search by Food Name



Help

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Total Nutrients Score

Net Food Score

% of daily requirements from 23.5 oz of Lettuce, green leaf					
Carbohydrates		Proteins		Vitamins	
Carbohydrates	6%	Protein, total	6%	Vitamin A, IU	987%
Fiber, total	29%	Histidine*	3%	Thiamin	23%
Sugars, total	8%	Isoleucine*	8%	Riboflavin	19%
Fats		Leucine*	3%	Niacin	11%
Fats, total	2%	Lysine*	4%	Pantothenic acid	18%
Saturated fats	1%	Methionine*	2%	Vitamin B-6	25%
Trans-fats		with 1% Cystine		Folate	63%
Cholesterol		Phenylalanine*	5%	Vitamin B-12	
Monounsaturated		with 2% Tyrosine		Vitamin C	133%
Polyunsaturated	3%	Threonine*	5%	Vitamin D	
Omega-3 fats		Tryptophan*	3%	Vitamin E	13%
Omega-6 Fats		Valine*	5%	Vitamin K	964%
Minerals				Other nutrients	
Calcium, Ca	17%	Food Evaluation		Retinol	
Copper, Cu	10%	Protein Score	44	Beta-carotene	118%
Iron, Fe	32%	Mineral Score	213	Lycopene	
Magnesium, Mg	17%	Vitamin Score	472	Lutein + zeaxanthin	38%
Manganese, Mn	72%	Total Nutrients Score		Analysis by caloric content	
Phosphorus, P	19%	758		Carbohydrates	66%
Potassium, K	32%	Net Food Score		Proteins	22%
Selenium, Se	6%	742		Fats	8%
Sodium, Na	8%			Calories from alcohol	0%
Zinc, Zn	8%			Water by weight	95%

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Food Information

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- [USDA's Food Groups](#)
- [USDA's Food List](#)
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• Nutrition facts for [Peanut butter, smooth style, without salt](#)

Amount of food to provide 100 calories: **0.6 oz. (17 grams)**

USDA food number: **16398**

Food group Code: **1600**

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Search by Food Name



Help

Understanding the results

Total Nutrients Score

Net Food Score

% of daily requirements from 0.6 oz of Peanut butter, smooth style, without salt					
Carbohydrates		Proteins		Vitamins	
Carbohydrates	1%	Protein, total	4%	Vitamin A, IU	
Fiber, total	3%	Histidine*	3%	Thiamin	1%
Sugars, total	2%	Isoleucine*	3%	Riboflavin	1%
Fats		Leucine*	3%	Niacin	10%
Fats, total	15%	Lysine*	2%	Pantothenic acid	4%
Saturated fats	9%	Methionine*	2%	Vitamin B-6	4%
Trans-fats		with 1% Cystine		Folate	3%
Cholesterol		Phenylalanine*	4%	Vitamin B-12	
Monounsaturated	22%	with 2% Tyrosine		Vitamin C	
Polyunsaturated	13%	Threonine*	3%	Vitamin D	
Omega-3 fats		Tryptophan*	3%	Vitamin E	10%
Omega-6 Fats		Valine*	3%	Vitamin K	
Minerals				Other nutrients	
Calcium, Ca	1%	Food Evaluation		Retinol	
Copper, Cu	4%	Protein Score	30	Beta-carotene	
Iron, Fe	2%	Mineral Score	36	Lycopene	
Magnesium, Mg	5%	Vitamin Score	33	Lutein + zeaxanthin	
Manganese, Mn	11%	Total Nutrients Score		Analysis by caloric content	
Phosphorus, P	6%	124		Carbohydrates	14%
Potassium, K	3%	Net Food Score		Proteins	15%
Selenium, Se	1%	112		Fats	72%
Sodium, Na				Calories from alcohol	0%
Zinc, Zn	3%			Water by weight	2%

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Food Information

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- [USDA's Food List](#)
- [Nutrients List](#)

• Nutrition facts for Bananas

Amount of food to provide 100 calories: **4.0 oz. (113 grams)**

USDA food number: **09040**

Food group Code: **0900**

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Help

Understanding the results

Total Nutrients Score

Net Food Score

% of daily requirements from 4.0 oz of Bananas					
Carbohydrates		Proteins		Vitamins	
Carbohydrates	8%	Protein, total	1%	Vitamin A, IU	1%
Fiber, total	10%	Histidine*	2%	Thiamin	2%
Sugars, total	20%	Isoleucine*	1%	Riboflavin	3%
Fats		Leucine*	1%	Niacin	3%
Fats, total	1%	Lysine*	1%	Pantothenic acid	8%
Saturated fats	1%	Methionine*		Vitamin B-6	17%
Trans-fats		with Cystine		Folate	6%
Cholesterol		Phenylalanine*	1%	Vitamin B-12	
Monounsaturated		with Tyrosine		Vitamin C	11%
Polyunsaturated		Threonine*	1%	Vitamin D	
Omega-3 fats		Tryptophan*	1%	Vitamin E	1%
Omega-6 Fats		Valine*	1%	Vitamin K	
Minerals				Other nutrients	
Calcium, Ca		Food Evaluation		Retinol	
Copper, Cu	4%	Protein Score	10	Beta-carotene	
Iron, Fe	2%	Mineral Score	40	Lycopene	
Magnesium, Mg	6%	Vitamin Score	52	Lutein + zeaxanthin	
Manganese, Mn	13%	Total Nutrients Score 112		Analysis by caloric content	
Phosphorus, P	2%	Net Food Score 91		Carbohydrates	92%
Potassium, K	10%			Proteins	4%
Selenium, Se	2%			Fats	3%
Sodium, Na				Calories from alcohol	0%
Zinc, Zn	1%			Water by weight	75%

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Green	Net Score	Vitamins	Minerals	Proteins	Calcium	Iron	Phosphorus	Potassium	Zinc	Vitamin A	Thiamin (B-1)	Riboflavin (B-2)	Niacin (B-3)	Pantothenic acid	Vitamin B-6	Folate	Vitamin C	Vitamin E	Vitamin K	Beta-carotene
Parsley	2925	2576	258	70	27%	96%	8%	38%	20%	468%	12%	10%	17%	11%	10%	106%	410%	14%	1519%	56%
Watercress	2843	2293	378	177	78%	10%	27%	75%	7%	855%	41%	39%	8%	28%	49%	20%	434%	61%	758%	103%
Spinach	2601	2019	456	114	31%	65%	11%	61%	15%	815%	17%	29%	14%	3%	35%	211%	136%	59%	700%	98%
Mustard greens	2403	2057	245	72	28%	31%	8%	34%	5%	808%	15%	15%	14%	8%	29%	180%	299%	52%	638%	97%
Mustard spinach	2151	1819	281	10	68%	38%	6%	51%	5%	900%	15%	15%	14%	8%	29%	181%	657%	47%	550%	70%
Beet greens	1964	1493	400	62	38%	65%	9%	87%	12%	575%	23%	36%	8%	11%	20%	17%	152%	45%	606%	69%
Green leaf lettuce	1957	1670	204	72	17%	32%	10%	32%	8%	987%	23%	19%	11%	9%	25%	63%	133%	13%	386%	118%
Swiss chard	1835	1390	377	82	21%	63%	8%	69%	11%	612%	9%	15%	8%	8%	18%	11%	100%	63%	546%	73%
Turnip greens	1791	1482	238	49	42%	19%	7%	23%	4%	724%	11%	11%	9%	12%	34%	152%	208%	60%	261%	87%
Coriander, cilantro	1762	1420	303	9	21%	43%	10%	57%	14%	587%	15%	25%	22%	25%	27%	67%	130%	72%	449%	68%
Kale	1747	1495	184	59	19%	19%	6%	22%	6%	615%	11%	9%	9%	2%	23%	15%	267%	44%	545%	74%
Chicory greens	1726	1337	294	53	31%	22%	10%	46%	12%	497%	13%	16%	10%	50%	19%	120%	116%	66%	431%	60%
Garden cress	1639	1409	234	8	18%	23%	12%	47%	5%	432%	13%	29%	14%	8%	32%	63%	240%	15%	564%	52%
Collards	1611	1399	115	63	35%	4%	2%	14%	3%	445%	9%	15%	11%	9%	23%	138%	131%	50%	568%	51%
Romaine lettuce	1566	1316	173	51	14%	32%	9%	36%	9%	683%	21%	14%	8%	8%	18%	200%	157%	5%	201%	82%
Boston lettuce	1299	1042	234	10	19%	53%	13%	46%	10%	510%	22%	17%	12%	12%	26%	140%	32%	9%	262%	61%
Broccoli raab	1267	859	265	112	35%	54%	17%	22%	23%	238%	37%	21%	25%	15%	32%	94%	102%	49%	339%	29%
Dandelion greens	849	669	173	6	30%	38%	7%	22%	6%	219%	21%	21%	8%	2%	23%	15%	86%	71%	203%	26%
Asparagus	586	316	189	68	7%	48%	10%	20%	14%	60%	29%	20%	18%	11%	15%	52%	25%	30%	55%	7%
Celery	422	269	135	28	18%	7%	8%	41%	5%	56%	7%	13%	9%	15%	19%	56%	22%	11%	61%	7%
Iceberg lettuce	410	256	124	32	9%	16%	7%	25%	7%	72%	15%	6%	4%	7%	13%	52%	22%	9%	57%	9%

Fruits in Order of Nutrition Score per 100 Calories	Net Score	Vitamins	Minerals	Potassium	Vitamin A	Vitamin C	Fiber	Total Sugar	Weight in Ounces for 100 Calories
Acerola West Indian cherry	5971	5910	49	11%	48%	5825%	11%		11.0
Lemons, with peel	716	489	143	18%	3%	428%	78%		17.6
Guavas	526	445	59	15%	18%	373%	26%	24%	5.2
Lemon peel	479	356	61	9%	2%	305%	75%	16%	7.5
Cantaloupe	395	367	51	20%	199%	120%	9%	42%	10.4
Strawberries	359	254	99	12%	1%	204%	21%	28%	11.0
Rhubarb	325	163	140	34%	10%	42%	29%	10%	16.8
Lemons	318	246	52	12%	2%	203%	32%	16%	12.2
Papayas	318	289	35	16%	56%	176%	15%	28%	9.0
Kiwi	287	233	48	13%	3%	169%	16%	27%	5.8
Blackberries	285	133	128	9%	10%	54%	41%	21%	8.2
Orange peel	274	200	35	5%	9%	156%	36%		3.6
Pineapple	243	124	136	6%	2%	84%	10%	35%	7.3
Raspberries	234	105	100	7%	1%	56%	42%	15%	6.8
Grapefruit	228	214	33	11%	58%	119%	11%	40%	11.0
Limes	222	147	51	9%	3%	108%	31%	10%	11.8
Oranges	205	180	32	10%	10%	126%	17%	36%	7.5
Gooseberries	204	116	53	11%	13%	70%	33%		8.0
Orange juice, California	190	158	28	11%	7%	108%			8.0
Apricots raw	188	144	45	13%	80%	23%	14%	35%	7.3
Mulberries	188	141	65	11%	1%	94%	13%	34%	8.2
Grapefruit juice	187	156	30	10%	23%	108%			9.0
Elderberries	176	99	36	10%	16%	55%	32%		4.8
Orange juice	176	174	29	11%	9%	123%	1%	34%	7.8
Clementines	167	158	30	9%		115%	12%	36%	7.5
Cranberries	156	72	55	5%	3%	32%	33%	16%	7.7
Pineapple juice w/vit C	152	118	66	6%	0%	92%	1%	34%	6.7
Kumquats	151	99	43	7%	8%	69%	31%	24%	5.0
Orange juice, fr/concentrate	147	148	27	11%	5%	96%	1%	34%	7.8
Avocados raw	142	60	28	8%	2%	7%	14%	1%	2.2
Orange juice, concentrate	138	148	27	11%	5%	96%	2%	43%	2.2
Avocados	130	56	33	7%	2%	16%	16%	4%	2.9
Tangerines, mandarin oranges	124	113	29	8%	26%	56%	11%	36%	6.7
Sour red cherries	119	96	41	9%	51%	22%	11%	31%	7.1
Watermelon	117	96	41	9%	38%	30%	4%	38%	11.8
Mangos	111	113	24	6%	24%	47%	9%	41%	5.4
Honeydew melons	110	101	38	16%	3%	56%	7%	41%	9.8
Pineapple, canned	109	39	105	5%	1%	18%	4%	44%	5.9

Fruits in Order of Nutrition Score per 100 Calories	Net Score	Vitamins	Minerals	Potassium	Vitamin A	Vitamin C	Fiber	Total Sugar	Weight in Ounces for 100 Calories
Peaches	104	75	43	12%	17%	19%	13%	39%	9.0
Nectarines	98	69	41	11%	15%	14%	13%	33%	8.0
Litchis, dried	92	89	37	10%	0%	73%	6%	43%	1.3
Blueberries	89	57	43	3%	2%	19%	14%	32%	6.2
Bananas	82	48	40	10%	1%	11%	10%	25%	4.0
Plantains	77	59	26	10%	18%	17%	6%	22%	2.9
Plums	72	64	29	9%	15%	23%	10%	39%	7.7
Pear nectar, w/vit C	71	54	15	1%	0%	50%	3%		5.9
Apricots dried	68	55	38	12%	30%	0%	10%	40%	1.5
Mandarin oranges, canned	64	82	20	3%	28%	36%	4%	46%	5.8
Olives, canned	61	19	36	0%	7%	1%	9%	0%	3.1
Pears, Asian	60	28	26	7%	0%	10%	29%	31%	8.4
Apple juice, concentrate	44	66	22	7%	0%	60%		43%	2.1
Figs	44	31	34	8%	4%	3%	13%	40%	4.8
Crabapples	44	16	25	6%	1%	12%			4.6
Dried plums	44	29	29	8%	7%	0%	10%	29%	1.5
Grapes	44	45	29	7%	2%	17%	4%	41%	5.1
Apricot nectar, canned	42	60	22	5%	47%	1%	4%	45%	6.3
Sweet red cherries	41	29	29	9%	2%	12%	11%	37%	5.6
Prune juice	40	33	43	10%	0%	6%	5%	42%	5.0
Grape juice concentrate, w/C	39	61	22	1%	0%	52%	1%	45%	2.0
Fruit cocktail in syrup	37	15	18	2%	5%	2%	4%		4.0
Pears	37	22	23	5%	1%	8%	18%	31%	6.1
Stewed prunes	32	36	28	8%	6%	3%	10%	42%	3.3
Pomegranates	26	44	21	10%	3%	10%	3%	44%	5.2
Apples	23	26	16	5%	2%	10%	15%	36%	6.8
Applesauce	9	19	21	4%	1%	3%	9%	43%	8.2
Raisins	8	9	25	6%	0%	1%	4%	36%	1.2
Dates	6	11	23	6%	0%	0%	9%	41%	1.3
Peaches in syrup, canned	6	27	15	3%	9%	4%	6%	46%	4.8
Papaya nectar, canned	-3	26	12	1%	13%	6%	4%	44%	6.2
Pears in syrup, canned	-4	7	16	3%	0%	1%	9%	39%	6.2
Maraschino cherries	-24	2	11	0%	1%	0%	6%	43%	2.1

Commercial Cereal	Net Score	Vitamin Score	Mineral Score	Fiber	Sugars	Iron	Vitamin D	Vitamin B-12	NDB_No
TOTAL cereal	1289	882	390	9%	7%	100%	10%	100%	08077
Complete Wheat Bran Flakes	1162	835	321	18%	8%	100%	11%	100%	08028
Complete Oat Bran Flakes	1159	864	295	12%	8%	100%	10%	96%	08258
KELLOGG'S PRODUCT 19	1110	883	235	3%	6%	100%	10%	100%	08058
TOTAL Corn Flakes	1109	834	283	2%	4%	89%	8%	89%	08246
GENERAL MILLS, TOTAL Brown Sugar and Oat	1064	782	299	4%	13%	98%	10%	98%	08399
Multi-Grain Cheerios	1034	790	249	8%	8%	87%	9%	87%	08087
ALL-BRAN w. EXTRA FIBER	988	540	365	87%	0%	52%	27%	100%	08253
ALL-BRAN Original	961	539	351	38%	9%	38%	16%	100%	08001
TOTAL Raisin Bran	847	573	285	10%	17%	58%	6%	58%	08247
SMART START Cereal	736	564	182	5%	11%	55%	5%	55%	08318
FIBER ONE	720	321	322	81%	0%	42%		42%	08244
Toasted Wheat Bran	717	203	437	69%	2%	39%	0%	2%	08363
SMART START Soy Protein	688	515	176	7%	10%	50%	6%	50%	08385
ALL-BRAN BUDS	662	478	151	57%	16%	33%	13%	100%	08005
KELLOGG'S SPECIAL K	571	455	119	2%	5%	40%	11%	86%	08067
KASHI Heart to Heart by KELLOGG	555	427	119	14%	8%	10%		87%	08387
Toasted wheat germ	502	138	266	13%	3%	13%		0%	08084
WHEATIES	497	359	140	9%	6%	42%	9%	47%	08089
GENERAL MILLS, FROSTED WHEATIES	494	382	131	2%	15%	40%	9%	45%	08266
CHEERIOS	463	236	194	11%	2%	52%	9%	21%	08013
GENERAL MILLS, HARMONY	426	312	124	4%	10%	25%	5%	35%	08398
POST 100% BRAN Cereal	423	198	206	33%	12%	54%	0%	0%	08343
Raisin Bran Cereal	404	218	166	13%	13%	42%	5%	29%	08061
QUAKER, KRETSCHMER Wheat Germ, Regular	402	137	245	11%		13%	0%	1%	08366
bran flakes, single brand	401	215	182	18%	9%	47%	10%	26%	08029
GENERAL MILLS, PARA SU FAMILIA Raisin Bran	382	214	170	13%	9%	59%	6%	15%	08371
wheat, puffed, fortified	378	166	163	4%		48%		0%	08157
Babyfood, cereal, oatmeal, dry	374	181	148	6%	1%	66%		0%	03189
KELLOGG'S Corn Flakes	373	309	56	2%	4%	45%	11%	44%	08020
QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	370	278	90	4%	11%	26%	0%	0%	08012
KELLOGG'S CRISPIX	366	287	88	0%	4%	41%	9%	32%	08259
QUAKER, KING VITAMAN	359	263	108	3%	8%	42%	9%	22%	08047
QUAKER, QUAKER CRUNCHY BRAN	354	229	126	17%	9%	51%	0%	0%	08018
QUAKER, QUAKER OAT LIFE, plain	353	205	153	6%	8%	41%	0%	0%	08049
QUAKER, Toasted Oats/OATMMM'S	351	216	139	6%	3%	43%	0%	0%	08362
KELLOGG'S FROOT LOOPS	349	263	95	2%	15%	29%	8%	30%	08030
QUAKER, CRISPY CORN PUFFS Cereal	348	234	125	4%	8%	42%	0%	0%	08358
KELLOGG'S SPECIAL K RED BERRIES	348	279	82	3%	13%	39%		31%	08383
KELLOGG'S MUESLIX	346	262	88	7%	13%	13%	2%	51%	08286
KRAFT, POST Bran Flakes	340	208	129	18%	9%	47%	10%	26%	08322
KELLOGG'S RICE KRISPIES	340	280	55	0%	4%	12%	9%	28%	08065
QUAKER, Instant Oatmeal, low sodium, dry	328	155	163	9%	0%	45%	0%	0%	08229
GENERAL MILLS, WHEATIES Raisin Bran	326	207	128	9%	14%	23%	5%	28%	08026

Commercial Cereal	Net Score	Vitamin Score	Mineral Score	Fiber	Sugars	Iron	Vitamin D	Vitamin B-12	NDB_No
QUAKER, Frosted Oats	325	240	103	4%	14%	27%	0%	0%	08359
QUAKER, QUAKER OAT CINNAMON LIFE	322	202	127	6%	10%	31%	0%	0%	08210
KELLOGG'S Low Fat Granola without Raisins	318	243	85	5%	11%	5%	5%	54%	08189
GENERAL MILLS, HONEY NUT CHEERIOS	317	208	124	5%	14%	22%	9%	22%	08045
MAYPO, dry	317	217	99	9%	13%	27%		27%	08118
QUAKER, Fruity Ocean Adventure Bagged Cereal	316	245	87	3%	16%	26%	0%	0%	08401
QUAKER, Honey Nut Oats	316	232	102	4%	15%	26%	0%	0%	08395
GENERAL MILLS, Wheat CHEX	313	162	152	11%	4%	47%	6%	14%	08082
wheat and malt barley flakes	311	194	118	8%	7%	43%	9%	24%	08039
MAYPO, cooked with water, with salt	310	216	100	9%	13%	27%		27%	08179
KELLOGG, DISNEY HUNNY Bs	310	232	92	5%	9%	47%	14%	27%	08454
GENERAL MILLS, KABOOM	308	201	117	5%	8%	39%	9%	22%	08278
Shredded wheat	178	48	88	12%	0%	5%	0%	0%	08147
GRAPE-NUTS Cereal	174	96	79	8%	5%	43%	5%	12%	08329
WHEATENA cooked, water	156	17	119	16%		6%		0%	08143
Multigrain oatmeal	153	28	109	12%	0%	5%	0%	0%	08200
QUAKER Puffed Rice	92	33	56	1%	0%	4%	0%	0%	08066
KASHI GoLEAN CRUNCH	56	11	37	13%	9%	5%		0%	08386
Puffed Wheat	38	0	23	11%	0%				08379

Herb or Spice	Ounces	Net	Vitamins	Minerals	Calcium	Iron	Magnesium	Manganese	Potassium	Zinc	Vitamin B-6	Folate	Vitamin C
Basil	13.1	1751	1095	531	41%	65%	60%	233%	43%	21%	20%	59%	74%
Dill weed	8.2	1166	741	355	35%	85%	26%	128%	43%	14%	18%	87%	220%
Coriander leaf, dried	1.3	913	525	372	32%	85%	50%	99%	40%	11%	9%	25%	226%
Parsley, dried	1.3	903	367	497	38%	197%	18%	165%	34%	11%	15%	16%	49%
Thyme, dried	1.3	869	329	481	49%	249%	16%	124%	7%	15%	8%	25%	20%
Dried basil	1.4	866	435	330	60%	93%	34%	55%	34%	15%	39%	27%	27%
Spearmint, fresh	8.0	838	331	398	32%	150%	29%	110%	26%	17%	15%	60%	34%
Paprika	1.2	763	600	123	4%	45%	13%	13%	20%	9%	58%	9%	27%
Spearmint, dried	1.2	762	197	480	37%	171%	42%	175%	17%	6%	38%	46%	0%
Thyme, fresh	3.5	695	327	290	29%	96%	32%	74%	15%	12%	14%	11%	176%
Marjoram, dried	1.3	659	221	387	52%	170%	26%	87%	14%	9%	18%	25%	21%
Cloves	1.1	581	85	470	14%	15%	16%	404%	9%	2%	8%	7%	28%
Peppermint, fresh	5.0	556	256	221	25%	40%	23%	73%	20%	11%	8%	41%	50%
Sage	1.1	554	328	191	37%	50%	27%	43%	8%	10%	36%	22%	11%
Red/cayenne pepper	1.1	541	428	89	3%	14%	10%	27%	16%	5%	32%	8%	27%
Saffron	1.1	531	61	466	3%	20%	17%	398%	14%	2%	14%	8%	29%
Cardamom	1.1	525	17	474	9%	25%	15%	391%	9%	16%	3%		8%
Oregano, dried	1.2	519	229	245	37%	80%	18%	66%	14%	10%	16%	22%	18%
Cinnamon	1.4	515	34	413	34%	81%	4%	278%	5%	5%	5%	3%	12%
Chili powder	1.1	497	367	108	6%	25%	11%	30%	15%	6%	49%	8%	23%
Ground ginger	1.0	490	60	407	2%	18%	11%	332%	10%	9%	10%	3%	2%
Dill weed, dried	1.4	458	114	323	50%	107%	36%	68%	33%	9%	28%		22%
Savory	1.3	450	99	299	56%	77%	28%	98%	10%	11%	28%		20%
Chervil, dried	1.5	449	147	276	41%	75%	11%	39%	50%	25%	16%	29%	23%
Taragon, dried	1.2	434	139	283	28%	61%	24%	117%	26%	9%	34%	23%	19%
Poultry seasoning	1.1	392	152	231	23%	64%	15%	97%	6%	7%	18%	11%	4%
Bay leaf spice	1.1	368	101	238	19%	76%	8%	113%	4%	8%	23%	14%	17%
Curry powder	1.1	323	104	180	11%	51%	16%	57%	12%	8%	15%	12%	4%
Fennel seed	1.0	321	31	201	25%	30%	22%	82%	12%	7%	6%		7%
Black pepper	1.4	316	49	230	12%	63%	15%	96%	12%	4%	6%	1%	9%

Herb or Spice	Ounces	Net	Vitamins	Minerals	Calcium	Iron	Magnesium	Manganese	Potassium	Zinc	Vitamin B-6	Folate	Vitamin C
Celery seeds	0.9	307	28	252	32%	64%	22%	84%	9%	12%	9%	1%	5%
Yellow mustard	5.3	298	51	156	6%	13%	15%	27%	5%	6%	4%	3%	2%
Ground tumeric	1.0	284	50	216	4%	65%	11%	96%	18%	8%	21%	3%	8%
Rosemary, fresh	2.7	281	109	123	17%	28%	14%	32%	13%	5%	11%	21%	18%
Cumin seed	0.9	279	38	215	18%	98%	20%	39%	12%	9%	5%	1%	2%
Rosemary, dried	1.1	274	98	140	28%	49%	13%	25%	7%	7%	22%	23%	21%
Caraway seeds	1.1	254	34	123	15%	27%	15%	17%	10%	11%	5%	1%	7%
Dill seed	1.2	250	27	152	36%	30%	17%	26%	10%	11%	3%	1%	8%
Coriander seed	1.2	242	19	154	17%	30%	22%	28%	11%	11%		0%	8%
Spices, fenugreek seed	1.1	241	25	126	4%	58%	12%	17%	6%	5%	8%	4%	1%
Mustard seed	0.8	222	30	115	8%	12%	13%	16%	4%	8%	4%	4%	1%
Anise seed	1.0	222	32	158	14%	61%	10%	30%	11%	10%	8%	1%	7%
Poppy seed	0.7	192	18	137	19%	10%	12%	56%	3%	13%	3%	3%	1%
Allspice	1.3	178	35	118	18%	15%	10%	49%	10%	3%	3%	3%	17%
White pepper	1.2	171	12	125	6%	27%	6%	63%	1%	3%	1%	1%	8%
Horseradish	7.3	148	103	78	8%	5%	11%	11%	13%	12%	6%	30%	58%
Garlic powder	1.1	141	54	55	2%	5%	3%	7%	8%	5%	37%	0%	6%
Ground mace	0.7	111	22	74	4%	16%	7%	14%	2%	3%	1%	4%	5%
Onion powder	1.0	86	40	43	7%	4%	7%	5%	7%	4%	15%	12%	5%
Cider vinegar	16.8	74	0	78	2%	5%	5%	52%	9%	1%	0%	0%	0%
Ground nutmeg	0.7	44	11	53	3%	3%	7%	24%	2%	3%	1%	4%	1%
Vinegar, red wine	18.6	42	3	41	2%	13%	4%	11%	5%	1%			3%
Distilled vinegar	19.6	24	0	25	2%	1%	1%	13%	0%	0%	0%	0%	0%
Vinegar, balsamic	4.0	-9	0	22	2%	5%	3%	6%	3%	1%			0%
Imitation vanilla extract	1.5	-32	2	12	0%	0%	0%	9%	1%	0%	0%	0%	0%
Vanilla extract	1.2	-38	3	8	0%	0%	1%	3%	1%	0%	0%	0%	0%
Vanilla extract, imitation	6.3	-41	4	2	0%	0%	0%	0%	0%	0%	1%	0%	0%
Capers, canned	15.3	-147	163	201	12%	40%	29%	15%	4%	9%	4%	25%	21%

Nutritional Requirements for Individuals	Eggs: Good Food or Bad Food?
Most Nutritious Foods	Amino Acids and Their Ideal Ratios
Top Vitamin Foods	The USDA Database of Foods and Nutrients
Top Mineral Foods	Food Weight Components
Top Protein Foods	Reasonable Expectations
Comparison of Legumes	Nutrition for Cancer Prevention and Treatment
Comparison of Fruits	Transplants, Cancers, diabetes, Heart Conditions, ...
Comparison of Fish	Finding the Hard-to-Get Nutrients
Comparison of Nuts and Seeds	Food Labeling : Attorney Required
Comparison of Nutritional Value of Cheeses	Potassium from Bananas? This is a shocker!
Top Foods for Each Nutrient	Cholesterol Misunderstandings
Best Sources of Clean Carbs	Type II Diabetes
Worst Foods	Numbers Can Kill or Save You
Most Expensive Ways to Obtain Nutrients	Major Misunderstandings Regarding Health
Finding Omega-3	Breathing Rates and Significance
Finding Vitamin D	Lung Volume Measurement
Finding the Complete Set of B Vitamins in Foods	Understanding Exercise Measurement Units
Food Macronutrients	Body Efficiency: What is it? And Why is mine so low?
Financial Cost of Each Nutrient from Foods	Body Efficiency - "Is inefficiency a good thing when losing weight?"
Understanding Carbohydrates, Proteins, and Fats	Oxygen Utilization Related to Health and Performance
Complications in Obtaining Valid Nutrition Data	Comparison of Cardio Impact from Different Sports
Understanding Blood Lab Analysis	Estimating Running Performance Potential
Food Quantities for 100 Calories	Estimating VO2
Sources of Nutritional and Health Information	Accurately Measuring Body Composition
Understanding the MELD number	Burning Fats and Calories
Glycemic Index and Glycemic Load	Calories Required for Weightlifting
Food Plans for Specific Issues (many short reports)	Establishing Reasonable Goals (food logs, and workout logs)
Nutrition for Surgical Procedures	Wonderful Energy and Those Wretched Calories
Blood-Thinning Foods	Blood Flow Distribution - Brain Versus Brawn
Diuretic Foods	Using Heart Rate Information for Health Evaluation
Foods to Assist in Resolving Infections	Using Heart Rate Monitors
Foods to Improve Vision	
Foods to Assist in Problems With Autism	When a question was posed, Frank wrote a
Food Considerations when Taking Medications	short analytical answer, usually based on science
Nutrition Considerations Prior to Surgery	or an understanding of the USDA database. Some of
Immune Strengthening Foods	these 'short' answers required detailed study and
Foods That Help Regulate Blood Pressure	program development, while others simply called
Foods That Help Control Cholesterol	upon explanations using fundamental physics,
What is Oxygen Radical Absorbance Capacity? - ORAC	physiology, chemistry or information interpretation.
Supplements, Products, and/or and Foods	The list titles by themselves should provide a few ideas
Understanding Medical Terminology	of how foods and measurements can be utilized.