

| Item | Measure | Potassium (mg) |
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| Tomato products, canned, paste, without salt added | 1 cup | 2657 |
| Orange juice, frozen concentrate, unsweetened, undiluted | 6-fl-oz can | 1436 |
| Beet greens, cooked, boiled, drained, without salt | 1 cup | 1309 |
| Beans, white, mature seeds, canned | 1 cup | 1189 |
| Dates, deglet noor | 1 cup | 1168 |
| Milk, canned, condensed, sweetened | 1 cup | 1135 |
| Tomato products, canned, puree, without salt added | 1 cup | 1098 |
| Raisins, seedless | 1 cup | 1086 |
| Potato, baked, flesh and skin, without salt | 1 potato | 1081 |
| Grapefruit juice, white, frozen concentrate, unsweetened, undiluted | 6-fl-oz can | 1002 |
| Snacks, trail mix, tropical | 1 cup | 993 |
| Soybeans, green, cooked, boiled, drained, without salt | 1 cup | 970 |
| Potatoes, au gratin, home-prepared from recipe using butter | 1 cup | 970 |
| Lima beans, large, mature seeds, cooked, boiled, without salt | 1 cup | 955 |
| Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds | 1 cup | 946 |
| Sauce, pasta, spaghetti/marinara, ready-to-serve | 1 cup | 940 |
| Fast foods, potato, french fried in vegetable oil | 1 large | 930 |
| Potatoes, scalloped, home-prepared with butter | 1 cup | 926 |
| Fish, halibut, Atlantic and Pacific, cooked, dry heat | 1/2 fillet | 916 |
| Potatoes, hashed brown, home-prepared | 1 cup | 899 |
| Squash, winter, all varieties, cooked, baked, without salt | 1 cup | 896 |
| Plantains, raw | 1 medium | 893 |
| Soybeans, mature cooked, boiled, without salt | 1 cup | 886 |
| Milk, canned, evaporated, nonfat | 1 cup | 850 |
| Nuts, chestnuts, european, roasted | 1 cup | 847 |
| Spinach, cooked, boiled, drained, without salt | 1 cup | 839 |
| Tomato products, canned, sauce | 1 cup | 811 |
| Plums, dried (prunes), stewed, without added sugar | 1 cup | 796 |
| Sweet potato, canned, vacuum pack | 1 cup | 796 |
| Papayas, raw | 1 papaya | 781 |
| Fish, rockfish, Pacific, mixed species, cooked, dry heat | 1 fillet | 775 |
| Milk, canned, evaporated, without added vitamin A | 1 cup | 764 |
| Lettuce, iceberg (includes crisphead types), raw | 1 head | 760 |
| Beans, baked, canned, with pork and tomato sauce | 1 cup | 746 |
| Beans, pinto, mature seeds, cooked, boiled, without salt | 1 cup | 746 |
| Spinach, canned, drained solids | 1 cup | 740 |
| Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 1 cup | 740 |
| Fast foods, potato, french fried in vegetable oil | 1 medium | 737 |
| Lentils, mature seeds, cooked, boiled, without salt | 1 cup | 731 |
| Fast foods, taco | 1 large | 729 |
| Plantains, cooked | 1 cup | 716 |
| Beans, kidney, red, mature seeds, cooked, boiled, without salt | 1 cup | 713 |
| Peas, split, mature seeds, cooked, boiled, without salt | 1 cup | 710 |
| Beans, navy, mature seeds, cooked, boiled, without salt | 1 cup | 708 |
| Prune juice, canned | 1 cup | 707 |
| Sweet potato, cooked, baked in skin, without salt | 1 potato | 694 |
| Buckwheat flour, whole-groat | 1 cup | 692 |
| Beans, great northern, mature seeds, cooked, boiled, without salt | 1 cup | 692 |
| Fast foods, chili con carne | 253 | 1 cup |
| Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt | 1 cup | 690 |
| Carrot juice, canned | 1 cup | 689 |

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| Potatoes, mashed, home-prepared, whole milk and margarine added | 1 cup | 689 |
| Refried beans, canned (includes USDA commodity) | 1 cup | 673 |
| Milk shakes, thick chocolate | 10.6 fl oz | 672 |
| Shake, fast food, chocolate | 16 fl oz | 666 |
| Beans, kidney, red, mature seeds, canned | 1 cup | 658 |
| Beans, baked, canned, with pork and sweet sauce | 1 cup | 653 |
| Jerusalem-artichokes, raw | 1 cup | 644 |
| Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 1 cup | 638 |
| Potato salad, home-prepared | 1 cup | 635 |
| Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 1 cup | 631 |
| Potatoes, mashed, home-prepared, whole milk added | 1 cup | 626 |
| Candies, semisweet chocolate | 1 cup | 613 |
| Beans, black, mature seeds, cooked, boiled, without salt | 1 cup | 611 |
| Potatoes, baked, flesh, without salt | 1 potato | 610 |
| Beans, baked, canned, with franks | 1 cup | 609 |
| Chili con carne with beans, canned entree | 1 cup | 608 |
| Fast foods, frijoles with cheese | 1 cup | 605 |
| Fish, haddock, cooked, dry heat | 1 fillet | 599 |
| Artichokes, (globe or french), cooked, boiled, drained, without salt | 1 cup | 595 |
| Fast foods, chimichanga, with beef | 1 chimichanga | 586 |
| Fish, salmon, sockeye, cooked, dry heat | 1/2 fillet | 581 |
| Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 8-oz container | 579 |
| Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk | 1 cup | 578 |
| Bulgur, dry | 1 cup | 574 |
| Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt | 1 cup | 574 |
| Milk shakes, thick vanilla | 11 fl oz | 573 |
| Parsnips, cooked, boiled, drained, without salt | 1 cup | 573 |
| Fast foods, hamburger, large, double patty, with condiments and vegetables | 1 sandwich | 570 |
| Pumpkin, cooked, boiled, drained, without salt | 1 cup | 564 |
| Kohlrabi, cooked, boiled, drained, without salt | 1 cup | 561 |
| Barley, pearled, raw | 1 cup | 560 |
| Duck, domesticated, meat only, cooked, roasted | 1/2 duck | 557 |
| Tomato juice, canned, with salt added | 1 cup | 556 |
| Mushrooms, cooked, boiled, drained, without salt | 1 cup | 555 |
| Rutabagas, cooked, boiled, drained, without salt | 1 cup | 554 |
| Beans, kidney, red, mature seeds, cooked, boiled, without salt | 1 cup | 713 |
| Peas, split, mature seeds, cooked, boiled, without salt | 1 cup | 710 |
| Beans, navy, mature seeds, cooked, boiled, without salt | 1 cup | 708 |
| Prune juice, canned | 1 cup | 707 |
| Sweet potato, cooked, baked in skin, without salt | 1 potato | 694 |
| Buckwheat flour, whole-groat | 1 cup | 692 |
| Beans, great northern, mature seeds, cooked, boiled, without salt | 1 cup | 692 |
| Fast foods, chili con carne | 253 | 1 cup |
| Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt | 1 cup | 690 |
| Carrot juice, canned | 1 cup | 689 |
| Potatoes, mashed, home-prepared, whole milk and margarine added | 1 cup | 689 |
| Refried beans, canned (includes USDA commodity) | 1 cup | 673 |
| Milk shakes, thick chocolate | 10.6 fl oz | 672 |
| Shake, fast food, chocolate | 16 fl oz | 666 |
| Beans, kidney, red, mature seeds, canned | 1 cup | 658 |
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| Candies, semisweet chocolate | 1 cup | 613 |
| Beans, black, mature seeds, cooked, boiled, without salt | 1 cup | 611 |
| Potatoes, baked, flesh, without salt | 1 potato | 610 |
| Beans, baked, canned, with franks | 1 cup | 609 |
| Chili con carne with beans, canned entree | 1 cup | 608 |
| Fast foods, frijoles with cheese | 1 cup | 605 |
| Fish, haddock, cooked, dry heat | 1 fillet | 599 |
| Artichokes, (globe or french), cooked, boiled, drained, without salt | 1 cup | 595 |
| Fast foods, chimichanga, with beef | 1 chimichanga | 586 |
| Fish, salmon, sockeye, cooked, dry heat | 1/2 fillet | 581 |
| Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 8-oz container | 579 |
| Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk | 1 cup | 578 |
| Bulgur, dry | 1 cup | 574 |
| Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt | 1 cup | 574 |
| Milk shakes, thick vanilla | 11 fl oz | 573 |
| Parsnips, cooked, boiled, drained, without salt | 1 cup | 573 |
| Fast foods, hamburger, large, double patty, with condiments and vegetables | 1 sandwich | 570 |
| Pumpkin, cooked, boiled, drained, without salt | 1 cup | 564 |
| Kohlrabi, cooked, boiled, drained, without salt | 1 cup | 561 |
| Barley, pearled, raw | 1 cup | 560 |
| Duck, domesticated, meat only, cooked, roasted | 1/2 duck | 557 |
| Tomato juice, canned, with salt added | 1 cup | 556 |
| Mushrooms, cooked, boiled, drained, without salt | 1 cup | 555 |
| Rutabagas, cooked, boiled, drained, without salt | 1 cup | 554 |
| Shake, fast food, vanilla | 16 fl oz | 553 |
| Beans, baked, canned, plain or vegetarian | 1 cup | 551 |
| Bananas, raw | 1 cup | 537 |
| Potatoes, au gratin, dry mix, prepared with water, whole milk and butter | 1 cup | 537 |
| Mollusks, clam, mixed species, canned, drained solids | 3 oz | 534 |
| Oat bran, raw | 1 cup | 532 |
| Yogurt, plain, low fat, 12 grams protein per 8 ounce | 8-oz container | 531 |
| Lima beans, large, mature seeds, canned | 1 cup | 530 |
| Malted drink mix, natural, with added nutrients, powder, prepared with whole milk | 1 cup | 530 |
| Tomatoes, red, ripe, canned, stewed | 1 cup | 528 |
| Fast foods, hamburger, regular, double patty, with condiments | 1 sandwich | 527 |
| Beets, cooked, boiled, drained | 1 cup | 519 |
| Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 1 cup | 517 |
| Potatoes, boiled, cooked in skin, flesh, without salt | 1 potato | 515 |
| Potatoes, boiled, cooked without skin, flesh, without salt | 1 cup | 512 |
| Leavening agents, baking powder, low-sodium | 1 tsp | 505 |
| Crustaceans, crab, blue, canned | 1 cup | 505 |
| Pumpkin, canned, without salt | 1 cup | 505 |
| Potatoes, scalloped, dry mix, prepared with water, whole milk and butter | 1 cup | 497 |
| Orange juice, raw | 1 cup | 496 |
| Leavening agents, cream of tartar | 1 tsp | 495 |
| Brussels sprouts, cooked, boiled, drained, without salt | 1 cup | 495 |
| Snacks, potato chips, reduced fat | 1 oz | 494 |
| Fast foods, tostada, with beans, beef, and cheese | 1 tostada | 491 |
| Fish, halibut, Atlantic and Pacific, cooked, dry heat | 3 oz | 490 |
| Candies, white chocolate | 1 cup | 486 |
| Wheat flour, whole-grain | 1 cup | 486 |
| Fish, tuna, yellowfin, fresh, cooked, dry heat | 3 oz | 484 |
| Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables | 1 sandwich | 480 |

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| Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt | 1 cup | 478 |
| Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 1 cup | 477 |
| Vegetables, mixed, canned, drained solids | 1 cup | 474 |
| Fast foods, taco | 1 small | 474 |
| Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water | 1 cup | 473 |
| Orange juice, chilled, includes from concentrate | 1 cup | 473 |
| Potato pancakes | 1 pancake | 473 |
| Fast foods, potato, french fried in vegetable oil | 1 small | 468 |
| Vegetable juice cocktail, canned | 1 cup | 467 |
| Snacks, potato chips, plain, salted | 1 oz | 466 |
| Chocolate-flavor beverage mix, powder, prepared with whole milk | 1 cup | 458 |
| Broccoli, cooked, boiled, drained, without salt | 1 cup | 457 |
| Tomatoes, red, ripe, canned, whole, regular pack | 1 cup | 451 |
| Brussels sprouts, frozen, cooked, boiled, drained, without salt | 1 cup | 450 |
| Soup, tomato, canned, prepared with equal volume milk, commercial | 1 cup | 449 |
| Fish, cod, Atlantic, canned, solids and liquid | 3 oz | 449 |
| Fast foods, salad, vegetable, tossed, without dressing, with chicken | 1-1/2 cups | 447 |
| Fast foods, cheeseburger, large, single patty, with condiments and vegetables | 1 sandwich | 445 |
| Tangerine juice, canned, sweetened | 1 cup | 443 |
| Potatoes, boiled, cooked without skin, flesh, without salt | 1 potato | 443 |
| Yogurt, fruit, low fat, 10 grams protein per 8 ounce | 8-oz container | 443 |
| Cucumber, with peel, raw | 1 large | 442 |
| Fish, rockfish, Pacific, mixed species, cooked, dry heat | 3 oz | 442 |
| Fish, cod, Pacific, cooked, dry heat | 3 oz | 439 |
| Fish, flatfish (flounder and sole species), cooked, dry heat | 1 fillet | 437 |
| Orange juice, canned, unsweetened | 1 cup | 436 |
| WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen | 1 patty | 434 |
| Okra, frozen, cooked, boiled, drained, without salt | 1 cup | 431 |
| Melons, cantaloupe, raw | 1 cup | 427 |
| Collards, frozen, chopped, cooked, boiled, drained, without salt | 1 cup | 427 |
| Tomatoes, red, ripe, raw, year round average | 1 cup | 427 |
| Celery, cooked, boiled, drained, without salt | 1 cup | 426 |
| Soup, bean with ham, canned, chunky, ready-to-serve, commercial | 1 cup | 425 |
| Milk, chocolate, fluid, commercial, lowfat | 1 cup | 425 |
| Artichokes, (globe or french), cooked, boiled, drained, without salt | 1 medium | 425 |
| Milk, chocolate, fluid, commercial, reduced fat | 1 cup | 423 |
| Bananas, raw | 1 banana | 422 |
| Eggnog | 1 cup | 419 |
| Milk, chocolate, fluid, commercial, whole | 1 cup | 418 |
| Kale, frozen, cooked, boiled, drained, without salt | 1 cup | 417 |
| Turkey, all classes, meat only, cooked, roasted | 1 cup | 417 |
| Pasta with meatballs in tomato sauce, canned entree | 1 cup | 416 |
| Fast foods, taco salad | 1-1/2 cups | 416 |
| Chickpeas (garbanzo beans, bengal gram), mature seeds, canned | 1 cup | 413 |
| Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain | 1 cup | 413 |
| Spaghetti with meat sauce, frozen entree | 1 package | 408 |
| Apricots, dried, sulfured, uncooked | 10 halves | 407 |
| Cocoa mix, no sugar added, powder | 1/2 oz envelope | 405 |
| Cocoa mix, with aspartame, powder, prepared from item 14196 | 1 serving | 405 |
| Grapefruit juice, white, canned, sweetened | 1 cup | 405 |
| Beef stew, canned entree | 1 cup | 404 |
| Apricots, canned, juice pack, with skin, solids and liquids | 1 cup | 403 |
| Soup, bean with pork, canned, prepared with equal volume water, commercial | 1 cup | 402 |

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| Sauerkraut, canned, solids and liquids | 1 cup | 401 |
| Grapefruit juice, white, raw | 1 cup | 400 |
| Grapefruit juice, pink, raw | 1 cup | 400 |
| Soup, vegetable, canned, chunky, ready-to-serve, commercial | 1 cup | 396 |
| Fast foods, sundae, hot fudge | 1 sundae | 395 |
| Fast foods, submarine sandwich, with cold cuts | 1 sandwich, 6" roll | 394 |
| Milk, dry, nonfat, instant, with added vitamin A | 1/3 cup | 392 |
| Turkey, all classes, giblets, cooked, simmered, some giblet fat | 1 cup | 392 |
| Fish, swordfish, cooked, dry heat | 1 piece | 391 |
| Corn, sweet, yellow, canned, vacuum pack, regular pack | 1 cup | 391 |
| Sauce, homemade, white, medium | 1 cup | 390 |
| Peaches, dried, sulfured, uncooked | 3 halves | 388 |
| Plums, canned, purple, juice pack, solids and liquids | 1 cup | 388 |
| Lettuce, butterhead (includes boston and bibb types), raw | 1 head | 388 |
| Melons, honeydew, raw | 1 cup | 388 |
| Peas, edible-podded, boiled, drained, without salt | 1 cup | 384 |
| Milk, nonfat, fluid, with added vitamin A (fat free or skim) | 1 cup | 382 |
| Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt | 1 cup | 382 |
| Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried | 3 oz | 382 |
| Cucumber, peeled, raw | 1 large | 381 |
| Sweet potato, canned, syrup pack, drained solids | 1 cup | 378 |
| Grapefruit juice, white, canned, unsweetened | 1 cup | 378 |
| Snacks, potato chips, sour-cream-and-onion-flavor | 1 oz | 377 |
| Fish, trout, rainbow, farmed, cooked, dry heat | 3 oz | 375 |
| Beans, snap, yellow, cooked, boiled, drained, without salt | 1 cup | 374 |
| Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN | 1 cup | 372 |
| Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted | 3 oz | 371 |
| Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg | 1-1/2 cups | 371 |
| Milk, buttermilk, fluid, cultured, lowfat | 1 cup | 370 |
| Turnip greens, frozen, cooked, boiled, drained, without salt | 1 cup | 367 |
| Soup, chicken vegetable, canned, chunky, ready-to-serve | 1 cup | 367 |
| Carrots, cooked, boiled, drained, without salt | 1 cup | 367 |
| Milk, lowfat, fluid, 1% milkfat, with added vitamin A | 1 cup | 366 |
| Milk, reduced fat, fluid, 2% milkfat, with added vitamin A | 1 cup | 366 |
| Fish, tuna salad | 1 cup | 365 |
| HEALTHY CHOICE Beef Macaroni, frozen entree | 1 package | 365 |
| Melons, honeydew, raw | 1/8 melon | 365 |
| Snacks, potato chips, plain, unsalted | 1 oz | 361 |
| Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried | 3 oz | 361 |
| Apricots, canned, heavy syrup pack, with skin, solids and liquids | 1 cup | 361 |
| Papayas, raw | 1 cup | 360 |
| Sweet potato, cooked, boiled, without skin | 1 potato | 359 |
| Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted | 3 oz | 358 |
| Snacks, potato chips, barbecue-flavor | 1 oz | 357 |
| Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran | 1 cup | 354 |
| Fast foods, fish sandwich, with tartar sauce and cheese | 1 sandwich | 353 |
| Fast foods, chicken fillet sandwich, plain | 1 sandwich | 353 |
| Carrots, raw | 1 cup | 352 |
| Yogurt, plain, whole milk, 8 grams protein per 8 ounce | 8-oz container | 352 |
| Cornmeal, whole-grain, yellow | 1 cup | 350 |
| Milk, whole, 3.25% milkfat | 1 cup | 349 |
| Onions, cooked, boiled, drained, without salt | 1 cup | 349 |
| Peas, edible-podded, frozen, cooked, boiled, drained, without salt | 1 cup | 347 |
| Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 1 cup | 347 |
| Rice, white, long-grain, parboiled, enriched, dry | 1 cup | 346 |

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| Squash, summer, all varieties, cooked, boiled, drained, without salt | 1 cup | 346 |
| Cheese sauce, prepared from recipe | 1 cup | 345 |
| Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised | 3 oz | 344 |
| Corn, sweet, yellow, canned, cream style, regular pack | 1 cup | 343 |
| Fish, haddock, cooked, dry heat | 3 oz | 339 |
| Fish, sardine, Atlantic, canned in oil, drained solids with bone | 3 oz | 338 |
| Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready to-serve | 1 cup | 336 |
| Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water | 1 cup | 336 |
| Soup, stock, fish, home-prepared | 1 cup | 336 |
| Fast foods, submarine sandwich, with tuna salad | 1 sandwich, 6" roll | 335 |
| Fast foods, cheeseburger, regular, double patty, with condiments and vegetables | 1 sandwich | 335 |
| Grape juice, canned or bottled, unsweetened, without added vitamin C | 1 cup | 334 |
| Pears, asian, raw | 1 pear | 333 |
| Potatoes, baked, skin, without salt | 1 skin | 332 |
| Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments | 1 sandwich | 332 |
| Baking chocolate, unsweetened, liquid | 1 oz | 331 |
| Fast foods, submarine sandwich, with roast beef | 1 sandwich, 6" roll | 330 |
| Fish, pollock, walleye, cooked, dry heat | 3 oz | 329 |
| Fast foods, burrito, with beans and meat | 1 burrito | 328 |
| Grapefruit, sections, canned, light syrup pack, solids and liquids | 1 cup | 328 |
| Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened | 1 cup | 328 |
| Oranges, raw, all commercial varieties | 1 cup | 326 |
| Veal, leg (top round), separable lean and fat, cooked, braised | 3 oz | 326 |
| Pineapple juice, canned, unsweetened, without added ascorbic acid | 1 cup | 325 |
| Peaches, frozen, sliced, sweetened | 1 cup | 325 |
| Tostada with guacamole | 1 tostada | 325 |
| Cake, gingerbread, prepared from recipe | 1 piece | 325 |
| Chicken, broilers or fryers, giblets, cooked, simmered | 1 cup | 325 |
| Peaches, raw | 1 cup | 323 |
| Mangos, raw | 1 mango | 323 |
| Fast Foods, biscuit, with egg and sausage | 1 biscuit | 320 |
| Watermelon, raw | 1 wedge | 320 |
| Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 3 oz | 320 |
| Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 3 oz | 320 |
| Squash, winter, butternut, frozen, cooked, boiled, without salt | 1 cup | 319 |
| Fish, salmon, sockeye, cooked, dry heat | 3 oz | 319 |
| Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled | 3 oz | 319 |
| Spinach souffle | 1 cup | 318 |
| Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 3 oz | 318 |
| Peaches, canned, juice pack, solids and liquids | 1 cup | 317 |
| Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted | 3 oz | 317 |
| Fast foods, roast beef sandwich, plain | 1 sandwich | 316 |
| Peppers, sweet, red, raw | 1 cup | 314 |
| Fish, swordfish, cooked, dry heat | 3 oz | 314 |
| Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised | 3 oz | 314 |
| Nuts, coconut meat, dried (desiccated), sweetened, shredded | 1 cup | 313 |
| Soup, minestrone, canned, prepared with equal volume water | 1 cup | 313 |
| Celery, raw | 1 cup | 312 |
| Mollusks, scallop, mixed species, cooked, breaded and fried | 6 large | 310 |
| Asparagus, frozen, cooked, boiled, drained, without salt | 1 cup | 310 |
| Fast foods, cheeseburger, regular, double patty, plain | 1 sandwich | 308 |
| Vegetables, mixed, frozen, cooked, boiled, drained, without salt | 1 cup | 308 |
| Cheese, ricotta, part skim milk | 1 cup | 308 |

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| Plums, dried (prunes), uncooked | 5 prunes | 307 |
| Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, | 1 cup | 306 |
| Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original | 1/2 cup | 306 |
| Grapes, red or green (european type varieties, such as, Thompson seedless), raw | 1 cup | 306 |
| Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled | 3 oz | 304 |
| Soy milk, fluid | 1 cup | 304 |
| Pineapple, canned, juice pack, solids and liquids | 1 cup | 304 |
| Cauliflower, raw | 1 cup | 303 |
| Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial | 1 cup | 300 |
| Crustaceans, lobster, northern, cooked, moist heat | 3 oz | 299 |
| Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted | 3 oz | 299 |
| Pork, cured, ham, extra lean and regular, canned, roasted | 3 oz | 298 |
| Beef, variety meats and by-products, liver, cooked, pan-fried | 3 oz | 298 |
| Fish, ocean perch, Atlantic, cooked, dry heat | 3 oz | 298 |
| Kale, cooked, boiled, drained, without salt | 1 cup | 296 |
| Squash, summer, all varieties, raw | 1 cup | 296 |
| Nuts, pistachio nuts, dry roasted, with salt added | 1 oz (47 nuts) | 295 |
| Apple juice, canned or bottled, unsweetened, without added ascorbic acid | 1 cup | 295 |
| Peas, green, canned, regular pack, drained solids | 1 cup | 294 |
| Fish, flatfish (flounder and sole species), cooked, dry heat | 3 oz | 292 |
| Turnip greens, cooked, boiled, drained, without salt | 1 cup | 292 |
| Tomatoes, red, ripe, raw, year round average | 1 tomato | 292 |
| Entrees, fish fillet, battered or breaded, and fried | 1 fillet | 291 |
| Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned | 1 cup | 290 |
| Fish, catfish, channel, cooked, breaded and fried | 3 oz | 289 |
| Muffins, oat bran | 1 muffin | 289 |
| Pie, pumpkin, prepared from recipe | 1 piece | 288 |
| Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 3 oz | 287 |
| Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 3 oz | 287 |
| Couscous, dry | 1 cup | 287 |
| Apricot nectar, canned, with added ascorbic acid | 1 cup | 286 |
| Snacks, potato chips, made from dried potatoes, plain | 1 oz | 286 |
| Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 3 oz | 286 |
| Raspberries, frozen, red, sweetened | 1 cup | 285 |
| Snacks, potato chips, made from dried potatoes, light | 1 oz | 285 |
| Fast foods, cheeseburger, regular, double patty and bun, plain | 1 sandwich | 285 |
| Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve | 1 cup | 283 |
| Chicken, stewing, meat only, cooked, stewed | 1 cup | 283 |
| Mustard greens, cooked, boiled, drained, without salt | 1 cup | 283 |
| Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter | 1/2 breast | 281 |
| Soup, onion mix, dehydrated, dry form | 1 packet | 281 |
| Carrots, frozen, cooked, boiled, drained, without salt | 1 cup | 280 |
| Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised | 3 oz | 279 |
| Broccoli, raw | 1 cup | 278 |
| Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 3 oz | 278 |
| Bread crumbs, dry, grated, seasoned | 1 cup | 277 |
| Fish, salmon, pink, canned, solids with bone and liquid | 3 oz | 277 |
| Fast foods, chicken, breaded and fried, boneless pieces, plain | 6 pieces | 277 |
| Turnips, cooked, boiled, drained, without salt | 1 cup | 276 |
| Onions, spring or scallions (includes tops and bulb), raw | 1 cup | 276 |
| Crustaceans, crab, blue, cooked, moist heat | 3 oz | 275 |
| Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve | 1 cup | 275 |

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| Nectarines, raw | 1 nectarine | 273 |
| Soup, cream of chicken, prepared with equal volume milk, commercial | 1 cup | 273 |
| Dates, deglet noor | 5 dates | 272 |
| Seeds, sunflower seed kernels, dry roasted, with salt added | 1/4 cup | 272 |
| Pork, fresh, spareribs, separable lean and fat, cooked, braised | 3 oz | 272 |
| Soup, cream of mushroom, canned, prepared with equal volume milk, | 1 cup | 270 |
| Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled | 3 oz | 270 |
| Pork, cured, ham, whole, separable lean only, roasted | 3 oz | 269 |
| Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 3 oz | 268 |
| Pork, fresh, backribs, separable lean and fat, cooked, roasted | 3 oz | 268 |
| Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt | 1 cup | 268 |
| Fast foods, potatoes, hashed brown | 1/2 cup | 267 |
| Mollusks, clam, mixed species, raw | 3 oz | 267 |
| Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 3 oz | 266 |
| Fast foods, clams, breaded and fried | 3/4 cup | 266 |
| Pineapple, canned, heavy syrup pack, solids and liquids | 1 cup | 264 |
| Soup, tomato, canned, prepared with equal volume water, commercial | 1 cup | 264 |
| Fast foods, hotdog, with corn flour coating (corndog) | 1 corn dog | 263 |
| Carrots, canned, regular pack, drained solids | 1 cup | 261 |
| Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 1 cup | 261 |
| Peppers, sweet, green, raw | 1 cup | 261 |
| Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 3 oz | 260 |
| Figs, dried, uncooked | 2 figs | 258 |
| Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled | 3 oz | 258 |
| Cheese, ricotta, whole milk | 1 cup | 258 |
| Mangos, raw | 1 cup | 257 |
| Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins | 1/2 cup | 257 |
| Turkey, all classes, light meat, cooked, roasted | 3 oz | 256 |
| Chicken pot pie, frozen entree | 1 small pie | 256 |
| Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 3 oz | 256 |
| Strawberries, raw | 1 cup | 254 |
| Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour | 1/2 breast | 254 |
| Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted | 3 oz | 253 |
| Beets, canned, drained solids | 1 cup | 252 |
| Fast foods, hamburger, regular, single patty, with condiments | 1 sandwich | 251 |
| Peppers, sweet, red, raw | 1 pepper | 251 |
| Veal, rib, separable lean and fat, cooked, roasted | 3 oz | 251 |
| Fast foods, pancakes with butter and syrup | 2 pancakes | 251 |
| Malted drink mix, chocolate, with added nutrients, powder | 3 heaping tsp | 251 |
| Cauliflower, frozen, cooked, boiled, drained, without salt | 1 cup | 250 |
| Strawberries, frozen, sweetened, sliced | 1 cup | 250 |
| Lemon juice, canned or bottled | 1 cup | 249 |
| Fast foods, burrito, with beans and cheese | 1 burrito | 248 |
| Puddings, chocolate, dry mix, instant, prepared with 2% milk | 1/2 cup | 247 |
| Potato puffs, frozen, oven-heated | 10 puffs | 246 |
| Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled | 3 oz | 246 |
| Turkey, all classes, dark meat, cooked, roasted | 3 oz | 244 |
| Dandelion greens, cooked, boiled, drained, without salt | 1 cup | 244 |
| Pork, cured, ham, whole, separable lean and fat, roasted | 3 oz | 243 |
| Peaches, canned, heavy syrup pack, solids and liquids | 1 cup | 241 |
| Seeds, sunflower seed kernels, dry roasted, with salt added | 1 oz | 241 |
| Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, | 3 oz | 240 |

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| braised | | |
| Fast foods, enchilada, with cheese | 1 enchilada | 240 |
| Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 1 cup | 239 |
| Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN | 1 cup | 238 |
| Pears, canned, juice pack, solids and liquids | 1 cup | 238 |
| Puddings, chocolate, dry mix, regular, prepared with 2% milk | 1/2 cup | 237 |
| Kiwi fruit, (chinese gooseberries), fresh, raw | 1 medium | 237 |
| Oranges, raw, all commercial varieties | 1 orange | 237 |
| Baking chocolate, unsweetened, squares | 1 square | 235 |
| Fast foods, potato, mashed | 1/3 cup | 235 |
| Plums, canned, purple, heavy syrup pack, solids and liquids | 1 cup | 235 |
| Cornmeal, self-rising, degermed, enriched, yellow | 1 cup | 235 |
| Blackberries, raw | 1 cup | 233 |
| Fish, pollock, walleye, cooked, dry heat | 1 fillet | 232 |
| Onions, raw | 1 cup | 230 |
| Carrots, raw | 1 carrot | 230 |
| Rhubarb, frozen, cooked, with sugar | 1 cup | 230 |
| Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 3 oz | 230 |
| Seeds, pumpkin and squash seed kernels, roasted, with salt added | 1 oz (142 seeds) | 229 |
| Turkey, all classes, neck, meat only, cooked, simmered | 1 neck | 226 |
| Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 3 oz | 226 |
| Peppers, sweet, red, cooked, boiled, drained, without salt | 1 cup | 226 |
| Peppers, sweet, green, cooked, boiled, drained, without salt | 1 cup | 226 |
| Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated | 10 strips | 226 |
| Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids | 1 cup | 225 |
| Cornmeal, degermed, enriched, yellow | 1 cup | 224 |
| Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised | 3 oz | 224 |
| Crustaceans, crab, alaska king, cooked, moist heat | 3 oz | 223 |
| Fast foods, cheeseburger, regular, single patty, with condiments | 1 sandwich | 223 |
| Mushrooms, raw | 1 cup | 223 |
| Poultry food products, ground turkey, cooked | 1 patty | 221 |
| Chicken, broilers or fryers, light meat, meat only, cooked, fried | 3 oz | 221 |
| Collards, cooked, boiled, drained, without salt | 1 cup | 220 |
| Chicken, broilers or fryers, breast, meat only, cooked, roasted | 1/2 breast | 220 |
| Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 1 cup | 218 |
| Coleslaw, home-prepared | 1 cup | 217 |
| Cheese, cottage, lowfat, 2% milkfat | 1 cup | 217 |
| Okra, cooked, boiled, drained, without salt | 1 cup | 216 |
| Rice, white, long-grain, regular, raw, enriched | 1 cup | 213 |
| Chicken, broilers or fryers, dark meat, meat only, cooked, fried | 3 oz | 213 |
| Macaroni and Cheese, canned entree | 1 cup | 212 |
| Pie crust, cookie-type, prepared from recipe, graham cracker, baked | 1 pie shell | 210 |
| Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial | 1 cup | 210 |
| Cereals ready-to-eat, GENERAL MILLS, CHEERIOS | 1 cup | 209 |
| Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve | 1 cup | 209 |
| Peppers, sweet, green, raw | 1 pepper | 208 |
| Mollusks, oyster, eastern, cooked, breaded and fried | 3 oz | 207 |
| Egg substitute, liquid | 1/4 cup | 207 |
| Nuts, almonds | 1 oz (24 nuts) | 206 |
| Peanuts, all types, oil-roasted, with salt | 1 oz | 206 |

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| Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 3 oz | 205 |
| Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins | 1/2 cup | 204 |
| Malted drink mix, natural, with added nutrients, powder | 4-5 heaping tsp | 203 |
| Cheese, cottage, creamed, with fruit | 1 cup | 203 |
| Puddings, chocolate, ready-to-eat | 4 oz | 203 |
| Cocoa mix, powder, prepared with water | 1 serving | 202 |
| Cocoa mix, powder | 3 heaping tsp | 202 |
| Oat bran, cooked | 1 cup | 201 |
| Fish, tuna, white, canned in water, drained solids | 3 oz | 201 |
| Fish, tuna, light, canned in water, drained solids | 3 oz | 201 |
| Fast foods, croissant, with egg, cheese, and bacon | 1 croissant | 201 |
| Mushrooms, canned, drained solids | 1 cup | 201 |
| Candies, milk chocolate coated peanuts | 10 pieces | 201 |
| Fast foods, english muffin, with egg, cheese, and canadian bacon | 1 muffin | 199 |
| Sweet potato, cooked, candied, home-prepared | 1 piece | 198 |
| Ham, sliced, extra lean | 2 slices | 198 |
| Pears, raw | 1 pear | 198 |
| Tangerines, (mandarin oranges), canned, light syrup pack | 1 cup | 197 |
| Chicken, canned, meat only, with broth | 5 oz | 196 |
| Crustaceans, crab, blue, crab cakes | 1 cake | 194 |
| Cheese, cottage, lowfat, 1% milkfat | 1 cup | 194 |
| Candies, MR. GOODBAR Chocolate Bar | 1 bar (1.75 oz) | 193 |
| Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 3 oz | 193 |