

FOOD	SERVING	MG/SERVING
Spinach, cooked	1/2 cup	755.00
Spinach, raw	1 cup	656.00
Rhubarb	1/2 cup	541.00
Rice Bran	1 cup	281.00
Buckwheat Groats	1 cup cooked	133.00
Almonds	1 oz or 22 kernels	122.00
Miso Soup	1 cup	111.00
Wheat Berries	1 cup cooked	98.00
Baked Potato with Skin	1 medium	97.00
Corn Grits	1 cup	97.00
Corn Grits	1 cup	97.00
Soy Flour	1 cup	94.00
Bulgur, cooked	1 cup	86.00
Beets	1/2 cup	76.00
Navy Beans	1/2 cup	76.00
Cocoa Powder	4 tsp	67.00
Brown Rice Flour	1 cup	65.00
Hot Chocolate (homemade)	1 cup	65.00
Cornmeal	1 cup	64.00
Millet, cooked	1 cup	62.00
Bran Flakes with Raisins, Single Brand	1 cup	57.00
Okra	1/2 cup	57.00
Post Original Shredded Wheat & Bran	1 1/4 cup	53.00
French Fries	4 oz	51.00
Cashews	1 oz or 18 kernels	49.00
Raspberries	1 cup	48.00
Soy Beans	1/2 Cup	48.00
Nabisco Honey Nut Shredded Wheat Bite Size	1 cup	47.00
Kellog Raisin Bran	1 cup	46.00
Spoonsize Shredded Wheat	1 cup	45.00
Nabisco Shredded Wheat	2 biscuits	42.00
Stevia - Plant only, processed is	1 tsp	42.00
Barley Flour	1/2 Cup	41.00
Post Fruit & Fiber Dates, Raisins & Walnuts	1 cup	41.00
Raisin Squares Mini-Wheats	3/4 cup	41.00
Bagel NY Style	1 Bagel	40.00
Miso	1 cup	40.00

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Yams	1/2 cup, cubed	40.00
Lentil Soup	1 cup	39.00
Mixed Nuts (with Peanuts)	1 oz	39.00
Candies with Nuts (ex Snickers)	2 oz	38.00
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Chocolate Syrup	2 Tbs	38.00
Chocolate Syrup	2 Tbs	38.00
Pancakes (dry mix)	4 pancakes	37.00
General Mills Multi-Bran Chex	1 cup	36.00
Post 40% Bran	3/4 cup	36.00
Stuffing	1 cup	36.00
Bamboo Shoots	1 cup	35.00
Kellog Special K Low Carb	1/2 Cup	35.00
Post Cranberry Almond Crunch (Morning Traditions)	1 cup	35.00
Kellog Complete Wheat Bran	3/4 cup	34.00
Brownies	1 oz or 1/2 brownie	31.00
General Mills Total Raisin Bran	1 cup	31.00
Rutabaga	1/2 cup mashed	31.00
Walnuts	1 cup or 7 nuts	31.00
Dried Pineapples	1/2 cup	30.00
Turnip	1/2 cup mashed	30.00
Mashed Potatoes	1 cup	29.00
Orange	1 fruit	29.00
Wheat Flour, Whole Grain	1 cup	29.00
Fudge Sauce	2 Tbs	28.00
Fudge Sauce	2 Tbs	28.00
Kellog Frosted Mini-Wheats	1 cup	28.00
Sweet Potatoes	1 cup	28.00
Carrot Juice	1 cup	27.00
Kellog Raisin Bran Crunch	1 cup	27.00
Peanuts	1 oz	27.00
Soy Protein Isolate	1 oz	27.00
Kellog All-Bran Original	1/2 cup	26.00
Post 100% Bran	1/3 cup	25.00
Post Banana Nut Crunch	1 cup	25.00
Brown Rice, cooked	1 cup	24.00
Chili with Beans	1 cup	24.00
Dates	1 date	24.00
Dried Figs	5 pieces/fruits	24.00

General Mills Oatmeal Crisp with Almonds	1 cup	24.00
General Mills Raisin Nut Bran	1 cup	24.00
Veggie Burger	1 pattie	24.00
General Mills Honey Nut Clusters	1 cup	23.00
Lasagna	1 serving	23.00
Lasagna with meat	1 serving	23.00
Pancakes (Homemade)	4 pancakes	22.00
Potato Chips	1 oz	21.00
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Fava Beans	1/2 cup	20.00
Kellog All-Bran Buds	1/2 cup	20.00
Kellog Mueslix Apple & Almond Crunch	2/3 cup	20.00
Soy Milk	1 Cup	20.00
Avocados	1 fruit	19.00
Celery Raw	1/2 Cup	19.00
Cream of Wheat	1 cup	18.00
Olives	approx 10 olives	18.00
Post Great Grains Crunch Pecan	2/3 cup	18.00
V8 Juice	1 cup	18.00
All-Purpose Flour	1 cup	17.00
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Brussel Sprouts Raw	1/2 Cup	17.00
Burritos with beans	1 burrito	17.00
General Mills Basic 4	1 cup	17.00
Mueslix	2/3 cup	17.00
Post Great Grains Raisin, Dates & Pecans	2/3 cup	17.00
Potato Salad	1/3 cup	17.00
Pumpkin Seeds	1 cup, cooked	17.00
Tomato Sauce	1/2 cup	17.00
Burritos with beans & meat	1 burrito	16.00
Cake (homemade)	1 piece	16.00
Farina Cereal	1 cup	16.00
Kellog Low Fat Granola with Raisins	2/3 cup	16.00
Kiwi	1 fruit	16.00
Peanut Butter Reduced Fat	1 Tbs	16.00
Refried Beans	1/2 cup	16.00
Tahini	1 Tbs	16.00
Cake (store brand)	1 piece	15.00
Carrots, raw	1/2 Cup	15.00