

## EAT THE THREE !!      To improve your Omega-3 status.

### Cereals, breads & grains

Tapioca, pearl, dry	0.0
Leavening agents, yeast, baker's, compressed	0.0
Cornstarch	-0.1
Rice noodles, cooked	-0.1
Wild rice, cooked	-0.2
Rice, white, short-grain, cooked	-0.2

very good effect	
good effect	
OK effect	

### Vegetables

Seaweed, wakame, raw	25.5	Beans, navy, mature seeds, sprouted, raw	1.7
Seaweed, laver, raw	14.1	Squash, winter, all varieties, cooked, baked, with salt	1.7
Grape leaves, canned	10.1	Squash, summer, all varieties, cooked, boiled, drained, with salt	1.7
Broccoli, chinese, cooked	8.3	Beans, snap, canned, all styles, seasoned, solid pack	1.5
Grape leaves, raw	7.6	Brussels sprouts, frozen, cooked, boiled, drained, with salt	1.3
Radish seeds, sprouted, raw	7.3	Squash, winter, hubbard, cooked, baked, without salt	1.3
Spinach, canned, drained solids	5.8	Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.3
Seaweed, irishmoss, raw	5.8	Squash, summer, all varieties, raw	1.2
Spinach, canned, regular pack, solids and liquids	5.2	Turnips, cooked, boiled, drained, with salt	1.1
Cauliflower, cooked, boiled, drained, with salt	5.1	Squash, winter, spaghetti, cooked, boiled, drained, with salt	1.1
Spinach, raw	4.2	Squash, summer, zucchini, includes skin, raw	1.1
New Zealand spinach, raw	3.8	Squash, summer, scallop, cooked, boiled, drained, with salt	1.1
New zealand spinach, cooked, boiled, drained, with salt	3.8	Pickle, cucumber, sour	1.1
Lettuce, butterhead (includes boston and bibb types), raw	3.8	Turnips, raw	1.0
Lettuce, looseleaf, raw	3.7	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	1.0
Lettuce, iceberg (includes crisphead types), raw	3.5	Watercress, raw	1.0
Turnip greens, canned, solids and liquids	3.4	Beans, shell, canned, solids and liquids	1.0
Broccoli, flower clusters, raw	3.3	Broadbeans, immature seeds, raw	1.0
Broccoli, cooked, boiled, drained, with salt	3.3	Arugula, raw	1.0
Swamp cabbage, cooked, boiled, drained, with salt	3.2	Radishes, white icicle, raw	0.9
Lettuce, cos or romaine, raw	3.1	Beans, snap, green, cooked, boiled, drained, with salt	0.9
Spinach, cooked, boiled, drained, with salt	3.0	Beans, snap, yellow, cooked, boiled, drained, with salt	0.9
Broccoli, frozen, spears, unprepared	3.0	Cabbage, chinese (pak-choi), raw	0.9
Cauliflower, frozen, unprepared	2.9	Chayote, fruit, raw	0.8
Turnips, frozen, cooked, boiled, drained, without salt	2.9	Squash, summer, crookneck and straightneck, frozen, with salt	0.8
Cauliflower, frozen, cooked, boiled, drained, with salt	2.9	Squash, summer, zucchini, includes skin, frozen, with salt	0.8
Broccoli, frozen, chopped, unprepared	2.8	Beans, snap, green or yellow, canned, regular pack	0.8
Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	2.5	Cucumber, peeled, raw	0.8
Cauliflower, green, cooked, salt	2.4	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0.8
Turnip greens, frozen, cooked, boiled, drained, with salt	2.3	Cabbage, cooked, boiled, drained, without salt	0.8
Cauliflower, raw	2.1	Radishes, raw	0.7
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	2.1	Radishes, oriental, raw	0.7
Beans, kidney, mature seeds, sprouted, raw	2.1	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0.7
Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	2.0	Kale, frozen, cooked, boiled, drained, without salt	0.7
Turnip greens and turnips, frozen, unprepared	2.0	Squash, summer, crookneck and straightneck, cooked, with salt	0.6
Brussels sprouts, cooked, boiled, drained, with salt	2.0	Beans, snap, green or yellow, canned, regular pack	0.6
Squash, zucchini, baby, raw	2.0	Cucumber, with peel, raw	0.6
Collards, frozen, chopped, cooked, boiled, drained, with salt	1.9	Kale, raw	0.6
Seaweed, agar, raw	1.9	Pickles, cucumber, dill	0.6
Turnip greens, raw	1.8	Kale, cooked, boiled, drained, with salt	0.6
Turnip greens, cooked, boiled, drained, with salt	1.8	Cabbage, red, cooked, boiled, drained, with salt	0.6
Radishes, oriental, cooked, boiled, drained, with salt	1.8	Beans, pinto, immature seeds, frozen, cooked, with salt	0.5
		Leeks, (bulb and lower leaf-portion), raw	0.5

Rutabagas, cooked, boiled, drained, with salt	0.5		
Cabbage, common (danish, domestic, and poi	0.5	Beets, harvard, canned, solids and liquids	-0.2
Squash, summer, zucchini, italian style, canne	0.4	Cowpeas (Blackeyes), immature seeds, frozen,	-0.3
Beans, snap, green or yellow, raw	0.4	Cowpeas, leafy tips, cooked, boiled, drained, wit	-0.3
Cabbage, raw	0.4	Potatoes, mashed, home-prepared, whole milk ε	-0.3
Beans, snap, green or yelow, frozen, cooked, b	0.4	Potatoes, au gratin, dry mix, prepared with wate	-0.3
Squash, winter, butternut, cooked, baked, with	0.3	Taro, raw	-0.3
Squash, winter, acorn, cooked, boiled, mashed	0.3	Potatoes, mashed, home-prepared, whole milk ε	-0.3
Squash, summer, zucchini, includes skin, cook	0.3	Potatoes, mashed, dehydrated, flakes without m	-0.3
Collards, cooked, boiled, drained, with salt	0.3	Potatoes, boiled, cooked in skin, flesh, without s	-0.3
Cabbage, red, raw	0.3	Waterchestnuts, chinese, canned, solids and liqu	-0.3
Squash, winter, butternut, frozen, cooked, boile	0.2	Potatoes, baked, flesh and skin, with salt	-0.3
Cabbage, savoy, raw	0.2	Mountain yam, hawaii, cooked, steamed, withou	-0.3
Kohlrabi, raw	0.2	Sweetpotato, cooked, baked in skin, with salt	-0.3
Kohlrabi, cooked, boiled, drained, with salt	0.2	Lima beans, immature seeds, cooked, boiled, dr	-0.4
Cabbage, savoy, cooked, boiled, drained, with	0.2	Yambean (jicama), raw	-0.4
Hyacinth-beans, immature seeds, cooked, boile	0.1	Yam, cooked, boiled, drained, or baked, with sal	-0.4
Pickle, cucumber, sweet	0.1	Sweetpotato, frozen, cooked, baked, without sal	-0.4
Tree fern, cooked, without salt	0.1	Beets, pickled, canned, solids and liquids	-0.4
Pickle relish, sweet	0.0		
Pumpkin pie mix, canned	0.0		
Pumpkin, canned, with salt	0.0		
Pumpkin, leaves, cooked, boiled, drained, with	0.0		
Sweetpotato, cooked, candied, home-prepared	0.0		
Pickle relish, hot dog or hamburger	0.0		
Pumpkin flowers, raw	0.0		
Pumpkin, cooked, boiled, drained, with salt	0.0		
Pumpkin, flowers, cooked, boiled, drained, with	0.0		
Sauerkraut, canned, solids and liquids	-0.1		
Mustard greens, cooked, boiled, drained, witho	-0.1		
Mustard spinach, (tendergreen), raw	-0.1		
Mustard greens, raw	-0.1		
Yardlong bean, cooked, boiled, drained, with sa	-0.1		
Taro, cooked, with salt	-0.1		
Lotus root, cooked, boiled, drained, with salt	-0.1		
Potatoes, baked, skin, with salt	-0.1		
Mustard greens, frozen, unprepared	-0.2		
Potatoes, russet, flesh and skin, raw	-0.2		
Potatoes, white, flesh and skin, baked	-0.2		
Potatoes, Russet, flesh and skin, baked	-0.2		
Potatoes, microwaved, cooked in skin, flesh, w	-0.2		
Potatoes, baked, flesh, with salt	-0.2		
Potatoes, microwaved, cooked, in skin, skin wil	-0.2		

## **Fruits**

Papayas, raw	0.5	Cherries, sweet, canned, water pack, solids and	0.0
Melons, cantaloupe, raw	0.5	Cherries, sweet, frozen, sweetened	0.0
Melon balls, frozen	0.4	Cherries, sour, red, canned, light syrup pack, so	0.0
Papaya nectar, canned	0.4	Litchis, raw	0.0
Mangos, raw	0.4	Cherries, sour, red, frozen, unsweetened	0.0
Melons, casaba, raw	0.2	Fruit salad, (pineapple and papaya and banana	0.0
Melons, honeydew, raw	0.1	Plums, canned, purple, water pack, solids and li	0.0

## **Dairy & Eggs**

Cheese, gouda	0.4	Cheese, mozzarella, whole milk	-0.1
Cheese, roquefort	0.2	Cheese, port de salut	-0.1
Cheese, parmesan, grated	0.1	Milk, filled, fluid, with lauric acid oil	-0.1
Cheese, parmesan, hard	0.1	Milk, nonfat, fluid, with added vitamin A (fat free	-0.1
Cheese, romano	0.1	Milk, buttermilk, dried	-0.1
Milk, indian buffalo, fluid	0.1	Whey, acid, fluid	-0.1
Cheese, parmesan, shredded	0.1	Yogurt, plain, skim milk, 13 grams protein per 8	-0.1
Cream substitute, liquid, with lauric acid oil and	0.0	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	-0.1
Cream substitute, powdered	0.0	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	-0.1
Milk, dry, nonfat, regular, without added vitamin	0.0	Milk, nonfat, fluid, without added vitamin A (fat fr	-0.1
Milk, canned, evaporated, nonfat	0.0		
Whey, acid, dried	0.0		
Whey, sweet, dried	0.0		
Milk, dry, nonfat, regular, with added vitamin A	0.0		
Cheese, cottage, nonfat, uncreamed, dry, large	-0.1		

## **Meats, Fish & Legumes**

Finfish, caviar, black and red, granular	173.9	Finfish, bass, striped, raw	54.4
Finfish, roe, mixed species, raw	112.3	Finfish, sardine, Pacific, canned in tomato sauce	53.1
Finfish, roe, mixed species, cooked, dry heat	98.8	Finfish, sablefish, raw	52.6
Finfish, shad, american, raw	86.7	Finfish, salmon, coho, wild, cooked, dry heat	52.6
Finfish, salmon, pink, canned, solids with bone	82.7	Finfish, sablefish, cooked, dry heat	52.6
Finfish, mackerel, Atlantic, raw	80.6	Finfish, sablefish, smoked	52.5
Finfish, anchovy, european, raw	78.3	Finfish, mackerel, spanish, cooked, dry heat	52.4
Finfish, salmon, Atlantic, wild, raw	73.2	Mollusks, oyster, eastern, wild, cooked, dry heat	49.9
Finfish, herring, Atlantic, raw	70.6	Finfish, sea bass, mixed species, cooked, dry heat	48.7
Finfish, herring, Atlantic, cooked, dry heat	70.4	Finfish, sea bass, mixed species, raw	48.6
Finfish, herring, Atlantic, kippered	70.3	Finfish, bluefish, raw	47.9
Finfish, anchovy, european, canned in oil, drain	68.3	Finfish, smelt, rainbow, cooked, dry heat	47.8
Finfish, mackerel, Pacific and jack, mixed spec	66.6	Finfish, salmon, coho, farmed, raw	47.6
Finfish, mackerel, Pacific and jack, mixed spec	66.1	Finfish, tuna, white, canned in water, drained so	45.9
Finfish, mackerel, spanish, raw	63.8	Finfish, salmon, sockeye, raw	45.4
Finfish, herring, Pacific, raw	62.8	Mollusks, oyster, eastern, farmed, raw	44.3
Finfish, salmon, pink, raw	62.4	Mollusks, oyster, eastern, canned	43.9
Finfish, whitefish, mixed species, raw	62.3	Finfish, salmon, sockeye, cooked, dry heat	42.9
Finfish, salmon, pink, cooked, dry heat	62.2	Finfish, wolffish, Atlantic, cooked, dry heat	42.6
Finfish, whitefish, mixed species, cooked, dry h	62.2	Finfish, tilefish, cooked, dry heat	42.4
Finfish, tuna, fresh, bluefin, cooked, dry heat	61.1	Finfish, trout, rainbow, farmed, cooked, dry heat	41.6
Finfish, tuna, fresh, bluefin, raw	60.9	Finfish, trout, rainbow, farmed, raw	41.4
Finfish, salmon, chum, drained solids with bone	59.6	Crustaceans, crab, alaska king, imitation, made	41.4
Mollusks, oyster, Pacific, raw	58.9	Finfish, trout, rainbow, wild, cooked, dry heat	41.4
Mollusks, oyster, Pacific, cooked, moist heat	58.6	Finfish, salmon, sockeye, canned, without salt, c	40.0
Finfish, salmon, coho, wild, cooked, moist heat	57.5	Finfish, salmon, chum, raw	39.8
Mollusks, oyster, eastern, wild, raw	57.4	Finfish, herring, Atlantic, pickled	38.4
Finfish, salmon, coho, wild, raw	57.2	Finfish, spot, raw	37.0
Finfish, mackerel, jack, canned, drained solids	57.1	Finfish, spot, cooked, dry heat	36.9
Mollusks, oyster, eastern, wild, cooked, moist h	57.0	Mollusks, squid, mixed species, raw	36.8
Finfish, salmon, chinook, raw	56.4	Mollusks, squid, mixed species, raw	36.8
Finfish, salmon, chinook, cooked, dry heat	56.3	Mollusks, oyster, eastern, farmed, cooked, dry h	36.8
Finfish, cisco, smoked	54.8	Finfish, halibut, Greenland, raw	35.9
Finfish, bass, striped, cooked, dry heat	54.6	Finfish, halibut, greenland, cooked, dry heat	35.8

Finfish, trout, mixed species, raw	34.5	Crustaceans, shrimp, mixed species, cooked, m	18.6
Finfish, trout, mixed species, cooked, dry heat	34.5	Finfish, perch, mixed species, cooked, dry heat	17.6
Finfish, swordfish, cooked, dry heat	34.4	Finfish, cod, Pacific, cooked, dry heat	17.2
Finfish, sucker, white, raw	34.3	Finfish, grouper, mixed species, raw	17.0
Finfish, swordfish, raw	34.3	Finfish, seatrout, mixed species, cooked, dry heat	16.6
Finfish, sucker, white, cooked, dry heat	34.1	Finfish, tuna, skipjack, fresh, cooked, dry heat	16.4
Finfish, trout, rainbow, wild, raw	33.9	Finfish, tuna, fresh, skipjack, raw	16.4
Finfish, mackerel, Atlantic, cooked, dry heat	33.5	Finfish, snapper, mixed species, cooked, dry heat	16.2
Finfish, bass, freshwater, mixed species, cooked	33.4	Finfish, flatfish (flounder and sole species), raw	16.1
Mollusks, mussel, blue, raw	32.4	Crustaceans, spiny lobster, mixed species, cooked	16.0
Finfish, pollock, walleye, raw	32.1	Crustaceans, spiny lobster, mixed species, raw	15.8
Finfish, pollock, Atlantic, cooked, dry heat	31.8	Finfish, tuna, light, canned in water, drained solid	14.8
Finfish, pollock, Atlantic, raw	31.7	Finfish, sheepshead, raw	14.7
Finfish, whiting, mixed species, cooked, dry heat	31.0	Finfish, cod, Atlantic, raw	14.6
Finfish, tilefish, raw	31.0	Mollusks, clam, mixed species, cooked, moist heat	14.5
Crustaceans, crab, blue, cooked, moist heat	30.6	Finfish, haddock, cooked, dry heat	14.5
Finfish, flatfish (flounder and sole species), cooked	29.9	Finfish, haddock, raw	14.5
Beef, variety meats and by-products, brain, cooked	29.1	Finfish, haddock, smoked	14.5
Crustaceans, crab, alaska king, cooked, moist heat	29.0	Finfish, mullet, striped, cooked, dry heat	14.4
Crustaceans, shrimp, mixed species, canned	29.0	Finfish, croaker, Atlantic, raw	14.2
Finfish, pollock, walleye, cooked, dry heat	29.0	Finfish, carp, cooked, dry heat	14.1
Crustaceans, shrimp, mixed species, raw	28.9	Finfish, carp, raw	14.1
Mollusks, mussel, blue, cooked, moist heat	28.3	Mollusks, squid, mixed species, cooked, fried	13.7
Seeds, flaxseed	28.1	Finfish, lingcod, cooked, dry heat	13.6
Finfish, salmon, Atlantic, farmed, cooked, dry heat	27.9	Finfish, whiting, mixed species, raw	13.4
Finfish, salmon, chinook, smoked, (lox), regular	27.3	Finfish, tuna, fresh, yellowfin, raw	13.2
Finfish, rockfish, Pacific, mixed species, raw	27.2	Finfish, tuna, yellowfin, fresh, cooked, dry heat	13.2
Finfish, salmon, Atlantic, farmed, raw	27.2	Finfish, whitefish, mixed species, smoked	12.8
Finfish, rockfish, Pacific, mixed species, cooked	27.1	Finfish, grouper, mixed species, cooked, dry heat	12.2
Crustaceans, crab, queen, cooked, moist heat	27.1	Finfish, gefiltefish, commercial, sweet recipe	11.1
Crustaceans, crab, dungeness, cooked, moist heat	25.9	Mollusks, octopus, common, cooked, moist heat	10.8
Lamb, variety meats and by-products, brain, cooked	25.6	Mollusks, octopus, common, raw	10.8
Finfish, drum, freshwater, cooked, dry heat	25.3	Finfish, shark, mixed species, cooked, batter-dipped	10.6
Finfish, cisco, raw	25.2	Mollusks, clam, mixed species, canned, liquid	10.5
Finfish, ocean perch, Atlantic, cooked, dry heat	23.6	Finfish, catfish, channel, wild, cooked, dry heat	9.7
Finfish, catfish, channel, wild, raw	23.0	Crustaceans, crayfish, mixed species, wild, raw	9.5
Finfish, snapper, mixed species, raw	22.8	Finfish, cod, Atlantic, cooked, dry heat	9.5
Finfish, mackerel, king, cooked, dry heat	22.6	Finfish, cod, Atlantic, dried and salted	9.4
Lamb, variety meats and by-products, brain, cooked	22.5	Finfish, dolphinfish, cooked, dry heat	9.2
Finfish, mackerel, king, raw	22.5	Crustaceans, crayfish, mixed species, farmed, raw	9.0
Finfish, mackerel, king, raw	22.5	Finfish, catfish, channel, farmed, raw	9.0
Finfish, pike, walleye, cooked, dry heat	21.8	Crustaceans, crab, blue, crab cakes	8.8
Finfish, pike, walleye, raw	21.8	Mollusks, cuttlefish, mixed species, cooked, moist heat	8.7
Finfish, pompano, florida, raw	21.6	Mollusks, cuttlefish, mixed species, raw	8.7
Crustaceans, crab, blue, raw	21.2	Crustaceans, crayfish, mixed species, wild, cooked	8.6
Finfish, halibut, Atlantic and Pacific, cooked, dry heat	21.1	OSCAR MAYER, Ham (water added, baked cooked)	8.3
Crustaceans, crab, blue, canned	21.1	Finfish, burbot, cooked, dry heat	7.4
Finfish, halibut, Atlantic and Pacific, raw	20.9	Finfish, pike, northern, cooked, dry heat	7.2
Finfish, halibut, Atlantic and Pacific, raw	20.9	Crustaceans, crayfish, mixed species, farmed, cooked	6.5
Finfish, mullet, striped, raw	19.8	Finfish, sturgeon, mixed species, smoked	6.5
Finfish, sturgeon, mixed species, cooked, dry heat	19.5	Finfish, sheepshead, cooked, dry heat	6.3
Finfish, sardine, Atlantic, canned in oil, drained	19.0	Crustaceans, lobster, northern, cooked, moist heat	6.1

Finfish, eel, mixed species, cooked, dry heat	6.1	Beans, adzuki, mature seeds, canned, sweetene	0.0
Mollusks, abalone, mixed species, raw	6.0	Noodles, chinese, cellophane or long rice (mung	0.0
Finfish, sunfish, pumpkin seed, raw	4.9	Lamb, variety meats and by-products, heart, coc	-0.1
Finfish, sunfish, pumpkin seed, cooked, dry heat	4.9	Finfish, roughy, orange, cooked, dry heat	-0.1
Finfish, pompano, florida, cooked, dry heat	4.1	Finfish, roughy, orange, raw	-0.1
Mollusks, oyster, eastern, cooked, breaded and	3.0	Beans, white, mature seeds, canned	-0.1
Mungo beans, mature seeds, cooked, boiled, w	3.0	Beans, black turtle soup, mature seeds, cooked,	-0.1
Seeds, sisymbrium sp. seeds, whole, dried	2.8	Beans, adzuki, yokan, mature seeds	-0.1
Seeds, chia seeds, dried	1.4	Beans, white, mature seeds, cooked, boiled, witl	-0.1
Beans, french, mature seeds, cooked, boiled, v	0.9	Nuts, coconut water (liquid from coconuts)	-0.1
Beans, pinto, mature seeds, canned	0.5	Beans, pink, mature seeds, cooked, boiled, with	-0.1
Game meat, horse, cooked, roasted	0.5	Beans, black turtle soup, mature seeds, canned	-0.1
Beans, kidney, red, mature seeds, canned	0.5	Beans, cranberry (roman), mature seeds, cooke	-0.1
Beans, kidney, all types, mature seeds, cooke	0.5	Beans, cranberry (roman), mature seeds, canne	-0.1
Beans, pinto, mature seeds, cooked, boiled, wi	0.2	Beans, navy, mature seeds, canned	-0.1
Beans, kidney, royal red, mature seeds, cooke	0.2	Yardlong beans, mature seeds, cooked, boiled, '	-0.1
Finfish, catfish, channel, farmed, cooked, dry h	0.1	Beans, great northern, mature seeds, canned	-0.1
Beans, kidney, california red, mature seeds, co	0.1		
Mollusks, whelk, unspecified, cooked, moist he	0.0		

### **Oils, Sweets, Snacks, Drinks**

Fish oil, salmon	263.1	Grape drink, canned	0.0
Fish oil, menhaden	200.0	Orange drink, breakfast type, with juice and pulp	0.0
Fish oil, sardine	165.6	Alcoholic beverage, daiquiri, prepared-from-recip	0.0
Fish oil, cod liver	139.7	Fruit punch-flavor drink, powder, with added sod	0.0
Fish oil, herring	86.0	Toppings, strawberry	0.0
Tea, brewed, prepared with tap water	2.0	Alcoholic beverage, whiskey sour, prepared from	0.0
Tea, herb, chamomile, brewed	1.0	Candies, M&M MARS, SKITTLES Original Bite &	0.0
Tea, instant, unsweetened, lemon-flavored, po	0.5	Citrus fruit juice drink, frozen concentrate, prepa	0.0
Tea, instant, unsweetened, lemon-flavored, po	0.1	Limeade, frozen concentrate, prepared with wat	0.0
Alcoholic beverage, creme de menthe, 72 proo	0.1		
Fruit punch drink, frozen concentrate, prepared	0.0		
Pie fillings, canned, cherry	0.0		
Lemonade, powder	0.0		
Alcoholic beverage, whiskey sour, prepared wit	0.0		
Orange drink, breakfast type, with juice and pu	0.0		
Fruit punch drink, frozen concentrate	0.0		
Orange drink, canned	0.0		
Fruit punch drink, canned	0.0		

### **Spices & prepared foods**

Soup, stock, fish, home-prepared	37.1
Soup, shark fin, restaurant-prepared	33.8
Spices, oregano, ground	10.2
Basil, fresh	9.0
Spearmint, dried	8.2
Spices, marjoram, dried	7.6
Spices, tarragon, dried	7.5
Spearmint, fresh	6.5
Peppermint, fresh	5.2
Spices, cloves, ground	4.7
Spices, thyme, fresh	3.6
Spices, basil, dried	3.4

Capers, canned	2.8
Spices, sage, ground	2.2
Spices, saffron	1.4
Fast foods, enchirito, with cheese, beef, and be	1.0
Babyfood, vegetables, squash, strained	0.9
Spices, thyme, dried	0.7
Sauce, fish, ready-to-serve	0.6
Babyfood, vegetables, green beans, junior	0.5
Babyfood, vegetables, spinach, creamed, strain	0.3
Babyfood, fruit, mango with tapioca, strained	0.2
Spices, mustard seed, yellow	0.2
Mustard, prepared, yellow	0.2
Babyfood, fruit, bananas with tapioca, strained	-0.1
Sauce, NESTLE, LJ MINOR Sweet N' Sour Glaze	-0.1
HORMEL Vegetarian Chili with Beans, canned	-0.1
Babyfood, dessert, dutch apple, strained	-0.1
Babyfood, fruit, bananas with tapioca, junior	-0.1