

NQI Values for 196 Foods, Ranked By NQI per 100 Calories

| Yellow = variations on the same food Rose = fortified nutrients inflate NQI | Nutrient Quality Index, TOC-NQI | | | Re Serving | | USDA Number | 1st Contribution to | 2nd & 3rd Contribution to NQI | Truncations | ORAC Estimated |
|--|---------------------------------|--------------|-----------|------------|------------|-------------|---------------------|-------------------------------|-------------------|--------------------------|
| | Per 100 g | Per 100 Cal. | Per Serv. | Serv. Size | Serv. Cal. | | | | | |
| MUSTARD greens,boiled | 0.129 | 0.859 | 0.090 | 1/2 cup | 11 | 11799 | Lutein+ | Vit K, ORAC | Vit K, Lutein+ | Estimated |
| SPINACH,raw | 0.196 | 0.852 | 0.059 | 1 cup | 6.9 | 11457 | Lutein+ | Vit K, vit A | Vit K, Lutein+ | |
| TURNIP greens,boiled | 0.170 | 0.851 | 0.123 | 1/2 cup | 14 | 11569 | Lutein+ | Vit K, fiber | Vit K, Lutein+ | Estimated |
| LETTUCE,Romaine | 0.130 | 0.766 | 0.061 | 1 cup | 8.0 | 11251 | Lutein+ | Vit K, vit A | Vit K, lutein+ | |
| KALE,boiled | 0.213 | 0.760 | 0.138 | 1/2 cup | 18 | 11234 | Lutein+ | Vit K, ORAC | Vit K, Lutein+ | Estimated |
| COLLARDS,boiled | 0.188 | 0.722 | 0.178 | 1/2 cup | 25 | 11162 | Lutein+ | Vit K, fiber | Vit K, Lutein+ | Estimated |
| ENDIVE,raw | 0.078 | 0.461 | 0.039 | 1 cup | 8.5 | 11213 | Vit K | Fiber, ORAC | Vit K | Estimated |
| ASPARAGUS,boiled | 0.097 | 0.442 | 0.088 | 1/2 cup | 20 | 11012 | Fiber | Vit K, fiber/ORAC | | |
| BROCCOLI,boiled | 0.155 | 0.441 | 0.121 | 1/2 cup | 27 | 11091 | Lutein+ | Vit K, fiber | | |
| SQUASH,zucchini,boiled | 0.066 | 0.441 | 0.060 | 1/2 cup | 14 | 11478 | Lutein+ | Fiber, vit C | | Estimated as raw |
| BRUSSEL sprouts,boiled | 0.152 | 0.421 | 0.118 | 1/2 cup | 28 | 11099 | Lutein+ | Vit K, vit C | | Estimated |
| ONION,green tops | 0.096 | 0.357 | 0.034 | 1/2 cup | 10 | 11292 | Vit K | | Vit K | A guess |
| LIVER,caf,braised | 0.659 | 0.343 | 0.562 | 3 oz. | 164 | 17203 | Vit A | Cu, vit B-12 | Vit. A, vit. B-12 | Unkn, likely negligible |
| PUMPKIN,boiled | 0.065 | 0.325 | 0.080 | 1/2 cup | 25 | 11423 | Lutein+ | Vit A, fiber | | Estimated as raw |
| ARTICHOKE,boiled | 0.163 | 0.308 | 0.137 | 1/2 cup | 45 | 11008 | ORAC | Fiber, lutein+ | | |
| OKRA,boiled | 0.067 | 0.306 | 0.054 | 1/2 cup | 18 | 11279 | Fiber | Lutein+, vit K | | Estimated |
| BELL PEPPER,green | 0.061 | 0.303 | 0.046 | 1/2 cup | 15 | 11333 | Vit C | Lutein+, fiber | Vit C | |
| ALL-BRAN,Kellogg | 0.767 | 0.295 | 0.218 | 1 ounce | 74 | 08001 | Fiber | Vit B-6, folate | | Estimated |
| CABBAGE,boiled | 0.066 | 0.286 | 0.049 | 1/2 cup | 17 | 11110 | Vit K | Fiber, vit C | Vit K | |
| CELERY,boiled | 0.048 | 0.265 | 0.036 | 1/2 cup | 14 | 11144 | Lutein+ | Fiber, vit K | | Estimated as raw |
| CELERY,raw | 0.042 | 0.263 | 0.021 | 1/2 cup | 8.2 | 11143 | Fiber | Lutein+, vit K | | |
| LETTUCE,iceberg | 0.037 | 0.262 | 0.021 | 1 cup | 8.0 | 11252 | Lutein+ | Fiber, vit K | | |
| CARROT,boiled | 0.090 | 0.257 | 0.070 | 1/2 cup | 27 | 11125 | Vit A | Lutein+, fiber | | |
| SQUASH,winter,baked | 0.093 | 0.251 | 0.096 | 1/2 cup | 38 | 11644 | Lutein + z | | | Value for butternut sq. |
| TOMATO,red | 0.045 | 0.250 | 0.041 | 1/2 cup | 16 | 11529 | Lycopene | Fiber, lutein+ | | |
| CABBAGE,green,raw | 0.060 | 0.238 | 0.027 | 1/2 cup | 11 | 11109 | Vit K | Fiber, vit C | | |
| CAULIFLOWER,boiled | 0.054 | 0.236 | 0.034 | 1/2 cup | 14 | 11136 | Fiber | Vit C, ALA | | |
| CRANBERRY,raw | 0.107 | 0.233 | 0.107 | 1 cup | 46 | 09078 | ORAC | | | |
| RADISH,red | 0.037 | 0.229 | 0.021 | 1/2 cup | 9.3 | 11429 | ORAC | Fiber, vit C | | Estimated |
| STRAWBERRY | 0.070 | 0.218 | 0.106 | 1 cup | 49 | 09316 | ORAC | Vit C, fiber | | |
| GREEN beans,boiled | 0.074 | 0.211 | 0.047 | 1/2 cup | 22 | 11053 | Lutein+ | Fiber, ORAC | | |
| RASPBERRY | 0.106 | 0.204 | 0.130 | 1 cup | 64 | 09302 | Fiber | ORAC, vit C | | |
| MUSHROOM,boiled | 0.055 | 0.197 | 0.043 | 1/2 cup | 22 | 11261 | Fiber | Cu, ORAC | | Estimated as raw |
| SPECIAL K,Kellogg | 0.557 | 0.147 | 0.158 | 1 ounce | 108 | 08067 | Folate | Vit B12, vit B-6 | | Estimated |
| PLUM | 0.065 | 0.141 | 0.043 | Medium | 30 | 09279 | ORAC | Fiber, vit C | | |
| WHEATIES,General Mills | 0.488 | 0.141 | 0.139 | 1 ounce | 99 | 08089 | Fiber | Folate, Zn | | Estimated |
| CUCUMBER,peeled | 0.016 | 0.134 | 0.011 | 1/2 cup | 8.0 | 11206 | Fiber | Vit K, Cu | | |
| KIWI,peeled | 0.080 | 0.131 | 0.143 | 1 cup | 110 | 09148 | Vit C | Fiber, vit K | | |
| PAPAYA, red fleshed | 0.053 | 0.123 | 0.077 | 1 cup | 62 | 09226 | Vit C | Fiber, lycopene | | |
| ORANGE | 0.058 | 0.122 | 0.075 | Medium | 62 | 09200 | ORAC | Fiber, vit C | | |
| CHEERIOS,General Mills | 0.448 | 0.122 | 0.127 | 1 ounce | 104 | 08013 | Folate | Fiber, Fe | | Estimated |
| TROUT,rainbow,farmed,baked/broiled | 0.202 | 0.120 | 0.172 | 3 oz. | 143 | 15241 | Vit D | Protein, vit B-12 | | Unkn, likely negligible |
| WATERMELON | 0.036 | 0.119 | 0.054 | 1 cup | 46 | 09326 | Lycopene | Fiber, vit C | | |
| CUCUMBER,unpeeled | 0.018 | 0.119 | 0.009 | 1/2 cup | 7.8 | 11205 | Vit K | Fiber, ORAC | | |
| LEMON juice | 0.026 | 0.119 | 0.008 | 1/8 cup | 6.8 | 09152 | Vit C | ORAC, fiber | | |
| SALMON,pink,canned | 0.166 | 0.119 | 0.141 | 3 oz. | 118 | 15084 | Vit D | Protein, vit B-12 | | Unkn, likely negligible |
| BLUEBERRY | 0.067 | 0.117 | 0.099 | 1 cup | 84 | 09050 | ORAC | Fiber, vit K | | |
| TUNA,light,canned in water,drained | 0.127 | 0.109 | 0.108 | 3 oz. | 99 | 15121 | Protein | Vit D, Se | | Unkn, likely negligible |
| GRAPEFRUIT,pink/red | 0.045 | 0.108 | 0.056 | 1/2 each | 52 | 09112 | ORAC | Fiber, vit C | | |
| CANTALOUPE | 0.036 | 0.105 | 0.056 | 1 cup | 53 | 09181 | Vit C | Vit A, fiber | | |
| PEACH | 0.039 | 0.099 | 0.058 | Medium | 59 | 09236 | ORAC | Fiber, lutein+ | | |
| SALMON,Atlantic,farmed,baked/broiled | 0.196 | 0.095 | 0.167 | 3 oz. | 176 | 15237 | Vit D | Protein, vit B-12 | | Unkn, likely negligible |
| SWEET potato,peeled,boiled | 0.068 | 0.089 | 0.078 | 1/2 cup | 87 | 11510 | Vit A | Fiber, ORAC | | |
| CORN FLAKES,Kellogg | 0.323 | 0.089 | 0.092 | 1 ounce | 103 | 08020 | Fe | Vit B-12, vit B-6 | | |
| LIME juice | 0.022 | 0.088 | 0.007 | 1/8 cup | 7.7 | 09160 | Vit C | ORAC, fiber | | |
| APRICOT | 0.042 | 0.088 | 0.066 | 1 cup | 74 | 09021 | Fiber | ORAC, vit A | | |
| SHRIMP,boiled/steamed | 0.104 | 0.088 | 0.089 | 3 oz. | 101 | 15151 | Protein | Se, choline | | Unkn, likely negligible |
| RYE flour,dark (whole) | 0.285 | 0.088 | 0.081 | 1 ounce | 92 | 20063 | Fiber | Pro, ORAC | | Estimated |
| CHEERIOS,Frosted,General Mills | 0.329 | 0.087 | 0.094 | 1 ounce | 107 | 08267 | Folate | Fiber, Zn | | Estimated |
| HERRING-Sardine,Atlantic,baked/broiled | 0.177 | 0.087 | 0.151 | 3 oz. | 173 | 15040 | Vit B-12 | Protein, vit D | | Unkn, likely negligible |
| RICE KRISPIES,Kellogg | 0.333 | 0.086 | 0.095 | 1 ounce | 110 | 08065 | Fe | Vit B12, folate | | Estimated |
| TANGERINE | 0.045 | 0.085 | 0.040 | Medium | 47 | 09218 | ORAC | Fiber, vit C | | |
| CHERRY | 0.053 | 0.085 | 0.074 | 1 cup | 87 | 09070 | ORAC | Fiber, lutein+ | | |
| MILK,soy,fortified | 0.036 | 0.084 | 0.088 | 1 cup | 104 | 16139 | Vit D | Protein, vit B-12 | | Unkn, likely significant |
| MILK,nonfat | 0.028 | 0.083 | 0.069 | 1 cup | 83 | 01085 | Protein | Vit D, Ca | | Unkn, likely significant |
| APPLE | 0.043 | 0.083 | 0.055 | Medium | 67 | 09003 | ORAC | Vit C, lutein+ | | |
| TUNA,light,canned in oil,drained | 0.163 | 0.082 | 0.139 | 3 oz. | 169 | 15119 | Protein | Vit D, Se | | Unkn, likely negligible |
| EGGPLANT,boiled | 0.028 | 0.081 | 0.014 | 1/2 cup | 18 | 11210 | Fiber | ORAC, Prot | | |
| NECTARINE | 0.035 | 0.080 | 0.050 | 1 medium | 62 | 09191 | Fiber | | | |
| GARLIC,raw | 0.118 | 0.079 | 0.004 | 1 clove | 4.5 | 11215 | ORAC | Vit B-6, fiber | | |
| EGG,raw | 0.111 | 0.078 | 0.056 | 1 large | 72 | 01123 | Protein | Choline, lutein+ | | Unkn, likely significant |
| MANGO | 0.047 | 0.078 | 0.077 | 1 cup | 99 | 09176 | Fiber | ORAC, Vit C | | |
| CORN,yellow,boiled | 0.074 | 0.077 | 0.056 | 1/2 cup | 72 | 11168 | Lutein+ | Fiber, protein | | Estimated as raw |
| FROOT LOOPS,Kellogg | 0.288 | 0.077 | 0.082 | 1 ounce | 106 | 08030 | Fiber | Folate, Fe | | Estimated |
| ORANGE juice,fresh | 0.033 | 0.073 | 0.081 | 1 cup | 112 | 09206 | Vit C | | | |
| Applesauce,cnd+vit.C | 0.030 | 0.072 | 0.074 | 1 cup | 103 | 09401 | ORAC | | | Est. = canned |
| TILAPIA,baked/broiled | 0.091 | 0.071 | 0.078 | 3 oz. | 109 | 15262 | Protein | Se, vit B-12 | | Unkn, likely negligible |

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|--|---------------------------------|--------------|-----------|-------------|------------|--------------|---------------------|-------------------------------|-------------|--------------------------|
| | Per 100 g | Per 100 Cal. | Per Serv. | Serv. Size | Serv. Cal. | | | | | |
| PEAR | 0.041 | 0.071 | 0.073 | Medium | 103 | 09252 | Fiber | ORAC, lutein+ | | |
| EGG YOLK,raw | 0.227 | 0.070 | 0.039 | 1 yolk | 55 | 01125 | Choline | Lutein+, protein | | Unkn, likely significant |
| AVOCADO | 0.111 | 0.069 | 0.083 | 1/2 cup | 120 | 09037 | Fiber | ORAC, lutein+ | | |
| ONION,boiled | 0.030 | 0.067 | 0.031 | 1/2 cup | 46 | 11283 | ORAC | Fiber, protein | | Estimated as sauteed |
| PINEAPPLE | 0.033 | 0.067 | 0.055 | 1 cup | 83 | 09266 | Vit C | Fiber, ORAC | | |
| MILK, 1% fat | 0.028 | 0.067 | 0.068 | 1 cup | 102 | 01082 | Protein | Vit D, Ca | | Unkn, likely significant |
| ORANGE juice,Frz.conc+water | 0.030 | 0.066 | 0.074 | 1 cup | 112 | 09215 | Vit C | | | Est. = fresh |
| CORN POPS,Kellogg | 0.254 | 0.065 | 0.072 | 1 ounce | 110 | 08068 | Fiber | Folate, vit B-12 | | Estimated |
| CHICKEN,breast,Broil (no bone, skin) | 0.108 | 0.065 | 0.092 | 3 oz. | 141 | 05064 | Protein | Niacin, vit B-6 | | Unkn, likely negligible |
| HAM,regular(9%fat),roasted | 0.111 | 0.063 | 0.095 | 3 oz. | 152 | 10136 | Protein | Thiamin, ALA | | Unkn, likely negligible |
| BARLEY,whole,raw | 0.221 | 0.062 | 0.063 | 1 ounce | 101 | 20004 | Fiber | Pro, ORAC | | Estimated |
| EGG WHITE,raw | 0.032 | 0.062 | 0.011 | 1 white | 17 | 01124 | Protein | Riboflavin, Se | | Unkn, likely significant |
| PRUNE,dried | 0.149 | 0.062 | 0.259 | 1 cup | 418 | 09291 | ORAC | | | |
| HONEYDEW | 0.022 | 0.061 | 0.037 | 1 cup | 61 | 09184 | Fiber | Vit C, K | | |
| Applesauce,canned | 0.025 | 0.060 | 0.062 | 1 cup | 103 | 09019 | ORAC | | | |
| FROSTED Mini-Wheats | 0.213 | 0.060 | 0.060 | 1 ounce | 101 | 08459 | Fiber | Fe, protein | | Estimated |
| TRITICALE flour,whole | 0.196 | 0.058 | 0.056 | 1 ounce | 96 | 20070 | Fiber | Pro, ORAC | | Est.; also Lutein+ |
| BUCKWHEAT,flour,whole | 0.191 | 0.057 | 0.054 | 1 ounce | 95 | 20011 | Fiber | Pro, ORAC | | Estimated |
| YOGURT,plain,nonfat | 0.032 | 0.057 | 0.078 | 1 cup | 137 | 01118 | Protein | Ca, P | | Unkn, likely significant |
| KAMUT,raw | 0.190 | 0.056 | 0.054 | 1 ounce | 96 | 20138 | Fiber | Pro, ORAC | | Estimated |
| CRANBERRY juice,unsweetened | 0.026 | 0.056 | 0.066 | 1 cup | 116 | 43382 | ORAC | Vit E, vit C | | |
| FLOUR,whole wheat | 0.191 | 0.056 | 0.054 | 1 ounce | 97 | 20080 | Fiber | Pro, ORAC | | Estimated |
| MILK, 2% fat | 0.028 | 0.056 | 0.068 | 1 cup | 122 | 01079 | Protein | Vit D, Ca | | Unkn, likely significant |
| CATFISH,farmed,baked/broiled | 0.080 | 0.056 | 0.068 | 3 oz. | 123 | 15235 | Protein | Vit B-12, choline | | Unkn, likely negligible |
| BREAD,whole wheat | 0.138 | 0.056 | 0.037 | 1 slice | 67 | 18075 | Fiber | Protein, ORAC | | Estimated |
| BEEF,rib eye,lean,broiled | 0.111 | 0.054 | 0.095 | 3 oz. | 175 | 13098 | Protein | Zn, niacin | | Unkn, likely negligible |
| CHEESE,cottage, 1% fat | 0.038 | 0.053 | 0.043 | 1/2 cup | 81 | 01016 | Protein | Vit B-12, P | | Unkn, likely significant |
| BREAD,7-grain (whole) | 0.141 | 0.053 | 0.037 | 1 slice | 69 | 18035 | Fiber | Protein, ORAC | | |
| QUINOA,grain | 0.194 | 0.053 | 0.055 | 1 ounce | 105 | 20035 | Fiber | Pro, ORAC | | Estimated |
| Chicken noodle soup | 0.031 | 0.052 | 0.077 | 1 cup | 149 | 06419 | Protein | | | Crude estimate |
| GRAPE juice,bottled+vit.C | 0.031 | 0.051 | 0.078 | 1 cup | 152 | 09130 | ORAC | | | Est. = Concord |
| GRAPE juice,Concord+vit. C | 0.031 | 0.051 | 0.078 | 1 cup | 152 | N0235 | ORAC | | | |
| POTATO,boiled in skin,peeled | 0.044 | 0.051 | 0.034 | 1/2 cup | 68 | 11831 | Fiber | ORAC, protein | | Estimated as raw |
| BARLEY,pearled,flour | 0.179 | 0.051 | 0.051 | 1 ounce | 100 | 20005 | Fiber | Pro, ORAC | | Estimated |
| SHREDDED WHEAT | 0.170 | 0.050 | 0.048 | 1 ounce | 96 | 08147 | Fiber | Protein, vit B-6 | | |
| GRAPE, red and green | 0.035 | 0.050 | 0.052 | 1 cup | 104 | 09132 | ORAC | Fiber, vit K | | |
| MILK,buttermilk,cultured | 0.020 | 0.049 | 0.048 | 1 cup | 98 | 01088 | Protein | Ca, Riboflavin | | Unkn, likely significant |
| Fruit cocktail in juice | 0.028 | 0.049 | 0.069 | 1 cup | 141 | 09097 | Fiber | | | Crude estimate |
| AMARANTH,grain | 0.181 | 0.049 | 0.051 | 1 ounce | 105 | 20001 | Fiber | Pro, ORAC | | Estimated |
| MILK,whole | 0.030 | 0.049 | 0.073 | 1 cup | 149 | 01077 | Vit D | Protein, Ca | | Unkn, likely significant |
| OIL,soybean | 0.431 | 0.049 | 0.059 | 1 Tbsp. | 120 | 04044 | Linolenic | Linoleic, vit K | | Unkn, likely negligible |
| PORK,loin,lean+fat,roasted | 0.119 | 0.048 | 0.101 | 3 oz. | 211 | 10023 | Protein | Thiamin, Se | | Unkn, likely negligible |
| WILD RICE,raw | 0.171 | 0.048 | 0.048 | 1 ounce | 101 | 20088 | Fiber | Pro, ORAC | | Estimated |
| Lasagne, meat + sauce | 0.068 | 0.047 | 0.077 | 4 oz. | 163 | 22916 | Protein | | | Crude estimate |
| BEEF,ground,cooked,15% fat | 0.109 | 0.047 | 0.092 | 3 oz. | 198 | 23569 | Protein | Vit B-12, Zn | | Unkn, likely negligible |
| PORK,spareribs,lean+fat,roasted | 0.113 | 0.047 | 0.096 | 3 oz. | 203 | 10188 | Protein | Se, thiamin | | Unkn, likely negligible |
| BANANA | 0.042 | 0.047 | 0.049 | Medium | 105 | 09040 | Fiber | ORAC, vit B-6 | | |
| CORN meal,whole | 0.170 | 0.047 | 0.048 | 1 ounce | 103 | 20020 | Lutein+ | Pro, ORAC | | Estimated |
| OATMEAL,dry | 0.171 | 0.045 | 0.049 | 1 ounce | 108 | 08120 | Fiber | Pro, ORAC | | |
| CHOCOLATE CHIPS, semisweet | 0.214 | 0.045 | 0.061 | 1 oz. | 136 | 19080 | ORAC | Fiber, Cu | | |
| BREAD,rye | 0.111 | 0.043 | 0.022 | 1 slice | 52 | 18060 | Fiber | Protein, ORAC | | Estimated |
| CHICKEN,whole,roasted | 0.103 | 0.043 | 0.087 | 3 oz. | 204 | 05009 | Protein | Linoleic a., niacin | | Unkn, likely negligible |
| MILLET,dry | 0.161 | 0.042 | 0.046 | 1 ounce | 107 | 20031 | Fiber | Pro, ORAC | | Est.; also Lutein+ |
| BREAD,wheat,enriched | 0.110 | 0.041 | 0.027 | 1 slice | 67 | 18064 | Fiber | Protein, ORAC | | Estimated |
| WHEY,fluid,sweet | 0.011 | 0.041 | 0.027 | 1 cup | 66 | 01114 | Protein | Riboflavin, K | | Unkn, likely significant |
| CORN meal,degermed,enr. | 0.151 | 0.041 | 0.043 | 1 ounce | 105 | 20022 | Lutein+ | Fiber, folate | | Estimated |
| GRAPE juice,bottled | 0.024 | 0.040 | 0.061 | 1 cup | 152 | 09135 | ORAC | | | Est. = Concord |
| CHEESE,mozzarella,part skim | 0.101 | 0.040 | 0.029 | 1 oz. | 72 | 01028 | Protein | Ca, P | | Unkn, likely significant |
| CHEESE,cottage, 4.5% fat | 0.038 | 0.039 | 0.044 | 1/2 cup | 111 | 01012 | Protein | P, Se | | Unkn, likely significant |
| Pizza Hut cheese pizza | 0.100 | 0.039 | 0.096 | 1 slice | 250 | Not recorded | | | | Crude estimate |
| APPLE juice,canned,+vit.C | 0.017 | 0.038 | 0.043 | 1 cup | 114 | 09400 | Vit C | | | Est. = canned |
| Applesauce,cnd+sugar | 0.026 | 0.038 | 0.063 | 1 cup | 167 | 09020 | ORAC | | | Est. = 97% of canned |
| BREAD,oatmeal | 0.099 | 0.037 | 0.027 | 1 slice | 73 | 18039 | Fiber | Protein, ORAC | | Estimated |
| YOGURT,plain,whole | 0.022 | 0.037 | 0.055 | 1 cup | 149 | 01116 | Protein | Ca, P | | Unkn, likely significant |
| CHEESE,Swiss | 0.137 | 0.036 | 0.039 | 1 oz. | 108 | 01040 | Protein | Ca, vit B-12 | | Unkn, likely significant |
| BREAD,white,enriched | 0.094 | 0.035 | 0.023 | 1 slice | 67 | 18069 | Protein | Fiber, ORAC | | Estimated |
| MILK,evaporated,canned | 0.046 | 0.034 | 0.058 | 1/2 cup | 169 | 01153 | Protein | Vit D, Ca | | Unkn, likely significant |
| Pizza Hut super supreme pizza | 0.106 | 0.034 | 0.134 | 1 slice | 392 | 21276 | Protein | | | Crude estimate |
| SORGHUM,grain | 0.114 | 0.034 | 0.032 | 1 ounce | 96 | 20067 | Protein | Fiber, ORAC | | Lutein+ estimated |
| RYE flour,light | 0.119 | 0.033 | 0.034 | 1 ounce | 101 | 20065 | Fiber | Pro, ORAC | | Estimated |
| BREAD,French | 0.096 | 0.033 | 0.024 | 1 slice | 72 | 18029 | Protein | Fiber, ORAC | | Estimated |
| RICE,brown,long grain,raw | 0.119 | 0.032 | 0.034 | 1 ounce | 105 | 20036 | Fiber | ORAC, pro | | Est.; also Lutein+ |
| HIGH-C, canned drink | 0.015 | 0.031 | 0.038 | 1 cup | 122 | 14323 | Vit C | Lutein + z., Mg | | Unkn, likely negligible |
| BACON,cooked | 0.167 | 0.031 | 0.047 | 1 oz. | 154 | 10124 | Protein | Se, linoleic acid | | Unkn, likely negligible |
| CHICKEN,breast+wing,breaded,fried,fast f | 0.093 | 0.031 | 0.079 | 3 oz. | 258 | 21036 | Protein | Linoleic a., ALA | | Unkn, likely negligible |
| CHICKEN,leg+thigh,fried,fast food | 0.090 | 0.031 | 0.077 | 3 oz. | 248 | 21035 | Protein | Linoleic a., ALA | | Unkn, likely negligible |
| Fried chicken, fast food | 0.152 | 0.031 | 0.248 | Breast,wing | 805 | Not recorded | | | | Crude estimate |
| Fruit cocktail in heavy syrup | 0.028 | 0.030 | 0.072 | 1 cup | 238 | 09100 | Fiber | | | Crude estimate |

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|--|---------------------------------|--------------|-----------|------------|------------|--------------|---------------------|-------------------------------|-------------|--------------------------|
| | Per 100 g | Per 100 Cal. | Per Serv. | Serv. Size | Serv. Cal. | | | | | |
| CHEESE,cheddar | 0.120 | 0.030 | 0.034 | 1 oz. | 114 | 01009 | Protein | Ca, ALA | | Unkn, likely significant |
| CHEESE,American | 0.110 | 0.029 | 0.031 | 1 oz. | 106 | 01042 | Protein | Ca, ALA | | Unkn, likely significant |
| APPLE juice,Frz,+vit.C,diluted | 0.014 | 0.029 | 0.034 | 1 cup | 117 | 09411 | Vit C | | | Est. = canned |
| FLOUR,all purpose,enriched | 0.105 | 0.029 | 0.030 | 1 ounce | 103 | 20081 | Protein | Fiber, ORAC | | Estimated |
| RICE cake,brown rice | 0.110 | 0.028 | 0.030 | 2 cakes | 104 | 19816 | Fiber | Protein, ORAC | | Estimated |
| Burrito, bean & cheese | 0.107 | 0.028 | 0.198 | 2 each | 703 | Not recorded | | | | Crude estimate |
| French fries, McDonalds | 0.148 | 0.027 | 0.168 | Medium | 616 | Not recorded | | | | Crude estimate |
| Ham & cheese sandwich | 0.094 | 0.027 | 0.138 | 1 each | 514 | Not recorded | | | | Crude estimate |
| RAISINS,raw | 0.079 | 0.026 | 0.058 | 1/2 cup | 218 | 09298 | ORAC | | | |
| FLOUR,cake,enriched | 0.091 | 0.025 | 0.026 | 1 ounce | 103 | 20084 | Protein | Thia, ORAC | | Estimated |
| CORNBREAD from mix | 0.075 | 0.024 | 0.021 | 1 ounce | 89 | 18023 | Fiber | Protein, ORAC | | Estimated |
| COOKIE, Oreo | 0.112 | 0.024 | 0.038 | 3 each | 159 | 18166 | Fiber | ORAC, Fe | | Estimated |
| Chicken pot pie | 0.109 | 0.024 | 0.237 | 1 pie | 1007 | Not recorded | | | | Crude estimate |
| Big Mac with cheese | 0.130 | 0.023 | 0.271 | 1 each | 1177 | Not recorded | | | | Crude estimate |
| CREAM,half and half | 0.030 | 0.023 | 0.009 | 2 Tbsp | 39 | 01049 | Protein | ALA, Vit A | | ORAC unkn |
| RICE,white,long grain,enr.,raw | 0.083 | 0.023 | 0.024 | 1 ounce | 104 | 20044 | Folate | Pro, ORAC | | Est.; also Lutein+ |
| MARGARINE | 0.137 | 0.022 | 0.007 | 1 pat | 31 | 04629 | Linolenic | Linoleic, vit E | | Unkn, likely negligible |
| Shrimp, breaded, fast food | 0.094 | 0.021 | 0.154 | 6-8 shrimp | 745 | Not recorded | | | | Crude estimate |
| Croissant + egg, cheese, ham | 0.094 | 0.020 | 0.143 | 1 each | 720 | 21013 | Protein | | | Crude estimate |
| ICE CREAM, vanilla | 0.039 | 0.019 | 0.026 | 1/2 cup | 137 | 19095 | Protein | Linolenic, vit A | | Unkn, likely negligible |
| PIE, apple | 0.044 | 0.019 | 0.056 | 1 piece | 296 | 18301 | Fiber | ORAC, linolenic | | Estimated |
| APPLE juice,canned | 0.008 | 0.018 | 0.020 | 1 cup | 114 | 09016 | ORAC | | | |
| CREAM,sour,cultured | 0.032 | 0.016 | 0.008 | 2 Tbsp | 46 | 01056 | Vit A | Protein, ALA | | ORAC unkn |
| APPLE juice,Frz,diluted | 0.008 | 0.016 | 0.019 | 1 cup | 117 | 09018 | ORAC | | | Est. = canned |
| DONUT, glazed | 0.063 | 0.016 | 0.038 | 1 medium | 242 | 18436 | Protein | Thiamin, linolenic | | Estimated |
| COOKIE, animal crackers | 0.069 | 0.015 | 0.020 | 1 oz. | 127 | 18150 | Protein | ORAC, folate | | Estimated |
| CREAM,whipping,heavy | 0.053 | 0.015 | 0.016 | 2 Tbsp | 104 | 01053 | ALA | Vit A, Protein | | ORAC unkn |
| CAKE, yellow, vanilla icing | 0.057 | 0.015 | 0.036 | 1 piece | 239 | 18141 | Linoleic | Linolenic, ORAC | | Estimated |
| SUCANAT | 0.056 | 0.015 | 0.007 | 1 Tbsp. | 48 | N0076 | Vit A | Mg, K | | Unkn, likely negligible |
| CHEESE,cream | 0.050 | 0.015 | 0.014 | 2 Tbsp | 99 | 01017 | Vit A | Protein, ALA | | Unkn, likely significant |
| Hushpuppy, fast food | 0.037 | 0.014 | 0.029 | 5 each | 200 | 21129 | Protein | | | Crude estimate |
| OIL, olive | 0.110 | 0.012 | 0.015 | 1 Tbsp. | 119 | 04053 | Vit E | Linoleic, linolenic | | Unkn, likely negligible |
| Onion rings, breaded, fast food | 0.031 | 0.011 | 0.025 | 8-9 rings | 229 | Not recorded | | | | Crude estimate |
| SYRUP, maple | 0.027 | 0.010 | 0.005 | 1 Tbsp. | 52 | 19353 | Riboflavin | ORAC, Zn | | |
| CARAMELS | 0.038 | 0.010 | 0.011 | 1 oz. | 108 | 19074 | Linoleic | Protein, Ca | | Unkn, likely negligible |
| BUTTER | 0.061 | 0.009 | 0.003 | 1 pat | 36 | 01001 | Vit A | Linolenic, vit D | | Unkn, likely negligible |
| GATORADE, FRUIT-FLAVORED | 0.001 | 0.005 | 0.007 | 20 fl. oz. | 158 | 14460 | Vit B-6 | Niacin, P | | Unkn, likely negligible |
| HONEY | 0.005 | 0.002 | 0.001 | 1 Tbsp. | 64 | 19296 | Fiber | Fe, protein | | Unkn, likely negligible |
| COKE, PEPSI | 0.001 | 0.002 | 0.002 | 12 fl. oz. | 136 | 14400 | P | Fe, protein | | Unkn, likely negligible |
| SPRITE, 7-UP | 0.001 | 0.001 | 0.002 | 12 fl. oz. | 148 | 14145 | Fe | Protein, Mg | | Unkn, likely negligible |
| SUGAR | 0.001 | 0.000 | 0.000 | 1 Tbsp. | 49 | 19335 | Riboflavin | Se, Cu | | Unkn, likely negligible |